

LION

WINTER 2019/2020



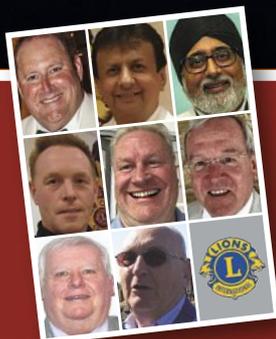
45TH BONFIRE AND FIREWORKS DISPLAY

SEE PAGES 20

PHOTO CREDIT: KIND PERMISSION OF RICH HOLMES

MEET YOUR
NEW DISTRICT
GOVERNORS >>

SEE PAGE 10



TOP TIPS TO
RECRUIT NEW
MEMBERS >>

SEE PAGE 21



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St Cuthberts Church,
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Kindness brings warmth to the giver and receiver

Greetings Lions! What is kindness?

It is all the things Lions do: It's serving. In our communities and beyond.

But kindness is one of those words that can get overused, and the real meaning sometimes becomes lost. Kindness is any act that makes life better for any living thing, even for just a moment. Isn't that what we're really doing when we serve food or donate our time? Aren't we trying to give people a moment in which they feel important; a moment in which they are not alone?

Kindness can be something small: A tree planted on a city street. Or it can be grand: An entire Lions district pooling its resources to build a community centre focused on gender equality education.

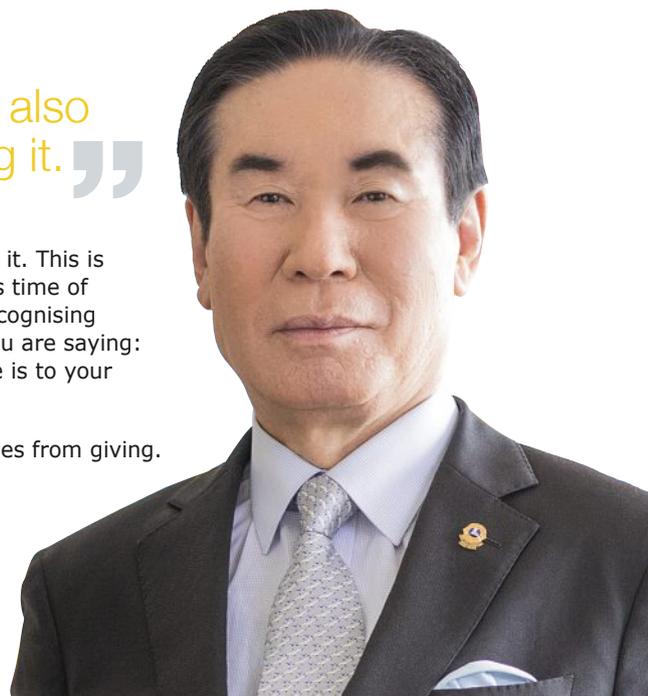
“When done right, an act of kindness also feels good to the person performing it.”

When done right, an act of kindness also feels good to the person performing it. This is true for all acts of kindness. And it's important to remember, especially at this time of year, that donating money is also an act of kindness. By donating, you are recognising that there are some things that are beyond your ability to immediately fix. You are saying: "This is bigger than me, and I want to help." And one of the best ways to give is to your foundation, Lions Clubs International Foundation (LCIF).

As your International President, I want to wish all of you the bounty that comes from giving. May your acts of kindness as Lions bring you warmth this season.

Sincerely,

Dr Jung-Yul Choi
International President, Lions Clubs International



WE SERVE

MISSION STATEMENT OF LIONS CLUBS INTERNATIONAL

"To empower volunteers to Serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions Clubs."



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COVER STORY

THE FINALE OF THE ANNUAL UTTOXETER LIONS BONFIRE AND FIREWORKS DISPLAY WAS DEDICATED TO DENNIS PARKER BEM, WHO PASSED AWAY IN AUGUST. HE WAS A FOUNDER MEMBER OF THE CLUB.

SEE PAGES 20

EDITORIAL



Contents

- 03** The International President
- 06** Welcoming our newest members
- 09** Sharing good practice
- 10** Meet your new District Governors
- 12** MD Convention 2020
- 13** Supporting communities hit by floods
- 14** Environmental stories
- 18** How Clubs are planning for Christmas
- 20** Advice on spotting and avoiding scams and frauds
- 22** Our new cards and posters will help you spread the Lions message
- 24** Fundraising
- 29** LCIF – change the world one community at a time
- 33** Health
- 38** Youth
- 44** News
- 46** Awards
- 47** Letters to the editor
- 50** Adventurous Lions
- 52** LIBRA
- 54** Lions in the community
- 58** Sports reports
- 62** In memoriam

Hello again

YOU MUST TRY OUR APP

Lion magazine is committed to telling the life-changing stories of Lions, which we do in print and digital formats.

You can access a pdf or flip magazine version of the current edition, as well as those back to 2016, to read online or download onto a computer, or mobile device. This looks exactly the same as the print version, but you can use search or zoom to improve your reading experience. See:

<https://lionsclubs.co/MemberArea/lions-news/lion-magazine/>

The Lion magazine is also available via an app, enabling you to read stories on a phone or tablet wherever and whenever you want. It's very easy to download the apps for the British Isles and Global versions of the magazine by searching for **Lion magazine** from Google Play or the Apple App Store.

If you are new to reading digital magazines, don't worry because there is a help tutorial that takes you through all your options. You can search the magazine using words or phrases, and can opt to share stories – or an entire issue – by email or social media. Some stories may feature short videos and additional content to that in the print magazine.

We hope you enjoy reading your magazine in print, online or via the app.

NEW VENUE FOR MD CONVENTION 2020

The venue for the MD Convention 2020 has changed. We are very excited to announce that it will now be held at The Birmingham Conference and Events Centre: <https://www.thebcec.co.uk/>. You'll find full details on page 12 of this issue and booking is open now, so head to:

<https://lionsclubs.co/MemberArea/> to secure your places. If you wish to leave the car at home, it is super easy to get to – it's just a two minute stroll from New Street Station in the city centre.

Remember, the date hasn't changed, it is still being held 1st to 3rd of May.

IN MEMORIAM

In every issue of Lion, we publish a list of members who have passed to higher service, see page 62. In order to honour their memory and service, you may also wish to visit the new website at:

<https://lionsclubs.co/In-Memoriam/>. Here you can see photographs and read individual obituaries in full or download a pdf of those listed in editions of the Lion since October 2017. You can find friends and colleagues who have passed this year by their name or club, and leave your thoughts and personal tribute. Over time, the site will offer a permanent legacy of our fellow Lions whose friendship is much missed.

LION ENVIRONMENTAL ISSUE

The next issue of Lion magazine (Spring 2020) will be our special environmental issue. (See page 15 for full details). So please send in stories of your environmental projects and we will do our best to include them. We will need your stories and pictures by 16th January.

Nicky Rogers Lion editor

MULTIPLE DISTRICT HQ CHRISTMAS OPENING HOURS

Your Multiple District HQ will be open as normal until 5.00pm on Monday 23rd December 2019. The office will then be closed from and including Tuesday 24th December 2019 and will reopen Thursday 2nd January 2020.

All the team at MDHQ wish all the members of MD105 season's greetings and hope you all have a safe and happy festive period.

Here's to a New Year filled with acts of kindness and service.



INTERESTED IN BECOMING A LIONS MEMBER?
FIND OUT MORE AT:

 www.lionsclubs.co

 03458339502

 enquiries@lionsclubs.co



NEW MEMBERS



The Pride of Lions

Lions respond where there is a need and there is power in numbers, so we are delighted to welcome our new members who have joined between July and September 2019.

DISTRICT 105A

Barking

Bhanu Jivabhai Patel, Dharmbir Thethi

Bletchley Milton Keynes

Mick Lee, Eve McLeod

Ealing

Upkar Attilia, Narinder Chadha

Harrow & Pinner

Nick Woolford

Letchworth Garden City & Baldock

Judith Jones-Nugent, Enroy Nugent

London Belmont

Janet Crawley, Raja Hussain, Saroj Parmar

London Hornsey

Girdhar Parmar

London Kingsbury

Sheila Gokani

London Finchley

Jaydevsinh Gohel

Luton

Julie King

Newport Pagnell & Olney

Sarah Montalbano

Northwood

Vernon Udugampola

Redbridge Centennial

Mohinder Gill, Sukhbinder Jandu, Devinder Khosla

Southall

Parminder Assi, Kiranjeet Gill, Rantej Gill

Sudbury

Maulik Patel, Himanshu Shah

Wanstead & Woodford

Gurmit Kaur Harar

Windsor

Alistair Marshall

Witney

Jennifer Dolphin

TOTAL NEW MEMBERS

29

DISTRICT 105N

Alnwick

Owen Charlton

Beverley Westwood

Simon Reeves

Bradford Central

Rais Aslam

Darlington

Moira Cruddas

Doncaster Went Valley

Richard Bailey, Karen Taylor

Elmet

Anne Snowdon, Steve Snowdon

Filey

Ian Butler

Mexborough

Paul Brown, Vicky Norton

Ripon

Karen Dudley, David Johnson, Emilie Moon

Tickhill & District

Michael Byrne, Karen Goberdhan-Lewka, Jonathan Moody

Wetherby District

Christopher Beck

TOTAL NEW MEMBERS

18

DISTRICT 105CE

Attleborough 2013

Shelia Power

Beccles

Dulcie McDonald

Bourne

Daryn Wright

Caistor & District

Emma Shepherd

Felixstowe

Ernie Entwistle

Grantham

Jerry Levick

Haverhill

Robert Maguire

Long Stratton

Evelyn Riches

Mersea Island

Les Snow

Norfolk Broads

Stephen Johnson

Nottingham West

Lakhbir Athwal, Aneeta Purwaha

Retford

Amanda Ashcroft, Stuart Ashworth, Elizabeth Dobbie, Kirsty Matthews

Spalding

Peter Marchant

Stowmarket & District

Richard Marshall

Woodbridge & District

Jayne Howard

TOTAL NEW MEMBERS

19

DISTRICT 105CN

City of Liverpool

Demi Peters

Conwy Valley & District

Jean Simons

Douglas Valley

Daniel Hurst

Ellesmere Port

Bronwen Davies

Fleetwood & Cleveleys

Leonard Booth

Garstang District

Peter Frankish

Hednesford Centennial

Andy Fittes, Katie Love, Vivienne Woolf

Keswick

Duncan Merrin

Knutsford & District

Lynn Benny

Lancaster Morecambe

James Pilkington

Lichfield

Keith Smith, Penelope Smith

Newcastle under Lyme

Salwa Booth

Penrith

Cameron Stewart

South Manchester

Jacqueline Leatherbarrow

TOTAL NEW MEMBERS

17

DISTRICT 105CW

Aldridge & District

Michelle Clare

Barwell & Earl Shilton

Helen Burchnell, David Elliott, Zena Elliot

Birmingham Exhibition

Jacqueline Treadwell

Chepstow & Caldicot

Maria Stevens, Phillip Stevens

Chipping Sodbury

Juliet Hills

Coventry Godiva

Aman Mankoo, Nita Shah, Sarjeet Singh

Coventry Leofric

Melanie Griffin, Richard Yarnall

Fishguard & Goodwick

Lynn Connelly, Jamie Grove

Kenilworth

Trevor Neat, Peter Roddy

Kidderminster & District

David Fellows

Knowle & Dorridge

Tony Gee

Lutterworth

Kim Wesson

Nuneaton

Sarandip Chohan

Sandwell

Sarah McMurchy, Ajit Rayet

Tenby & District

Rowland Fury

Tetbury

Derek Harvey

Thurnby
Pritesh Lakhani, Ashok Vadera

Walsall
Donna Hazeldine

Worcester Worcs
Jayne Betteridge, Alison Lane, Judy Thompson

TOTAL NEW MEMBERS 31

DISTRICT 105SC

Abingdon
Tracey Desmond

Bradford on Avon
Rachel Hudson

Calne
Dave King, Kenny Welch

Chippenham
Norman Johnston

Christchurch
Mark Allen

Crofton
Peter Das

Farnborough
Thomas Denman

Guernsey
Valerie Walker

Hayling Island
Charlotte Atkins, Nicola Wright

Henley on Thames
Dave Adamson

Hook-Odiham
Mike Gwyer

Isle of Wight Ryde
Barbara Moye, Raymond Vanson

Loddon Valley
Andy Rough, Jane Saunders

Melksham
Isobel Buxton

Newbury
Matthew Johnson

Petersfield
Jo Huxley

Swindon
Paul Jobe, Jacqui Massey

TOTAL NEW MEMBERS 22

DISTRICT 105SE

Billingshurst & District
Dominic Roberts

Burgess Hill District
Colin Holden, Claire Stacey

Cranleigh & District
Glenn Mitchell, Greg Pink

Deal & Walmer
Alexander Grant

Dover District
Denys Cops, David Newman, Gillian Newman

Eastbourne
Anne Hunt, Charles Hunt, Michael Seddon, Angela Snell, Paul Wootton

Farnham
Peter Grinsted, Jenny Lynn-Jones

Gillingham
Patricia Stockford

Hastings
Flo Docherty

Horley
Reay Barnett, Ian McCubbine, Adam Twine

Hythe & Romney Marsh
Jeanette Bowman

Northfleet & Ebbsfleet
James Pearce

Selsey & District
Lucille Adams

Swale
Susan Downs, Tony Downs, Carol Tumber

Tenterden
Catrina Murrell

Tonbridge
Miles Harvey

Whitstable & Herne Bay
Ronald Fordham, Eileen Marsden

TOTAL NEW MEMBERS 31

DISTRICT 105SW

Axminster District
Elana-May Blackmore, Cynthia Ellis, James Ellis, Christine Thorne, Christopher Thorne

Blackmore Vale
William Gowman

Callington
Rosy Hanns

Camborne-Redruth & District
Manny Hernandez, Deborah Reeve

Clevedon
Steve Holland, Judith West

Crewkerne
Carys Lim

Exeter West
Norman Denham, Daniel Moxey

Holsworthy
Sarah Cragg

Liskeard
Christina Whitty

Newquay Towan Blystra
Nathaniel Lisle

Nathaniel Lisle
Roy Young

Roche
Steven Gregory Jr

Saltash
Teresa Orchard

Tavistock
Martin Hall

Torpoint & Rame Peninsula
Karen Whittles

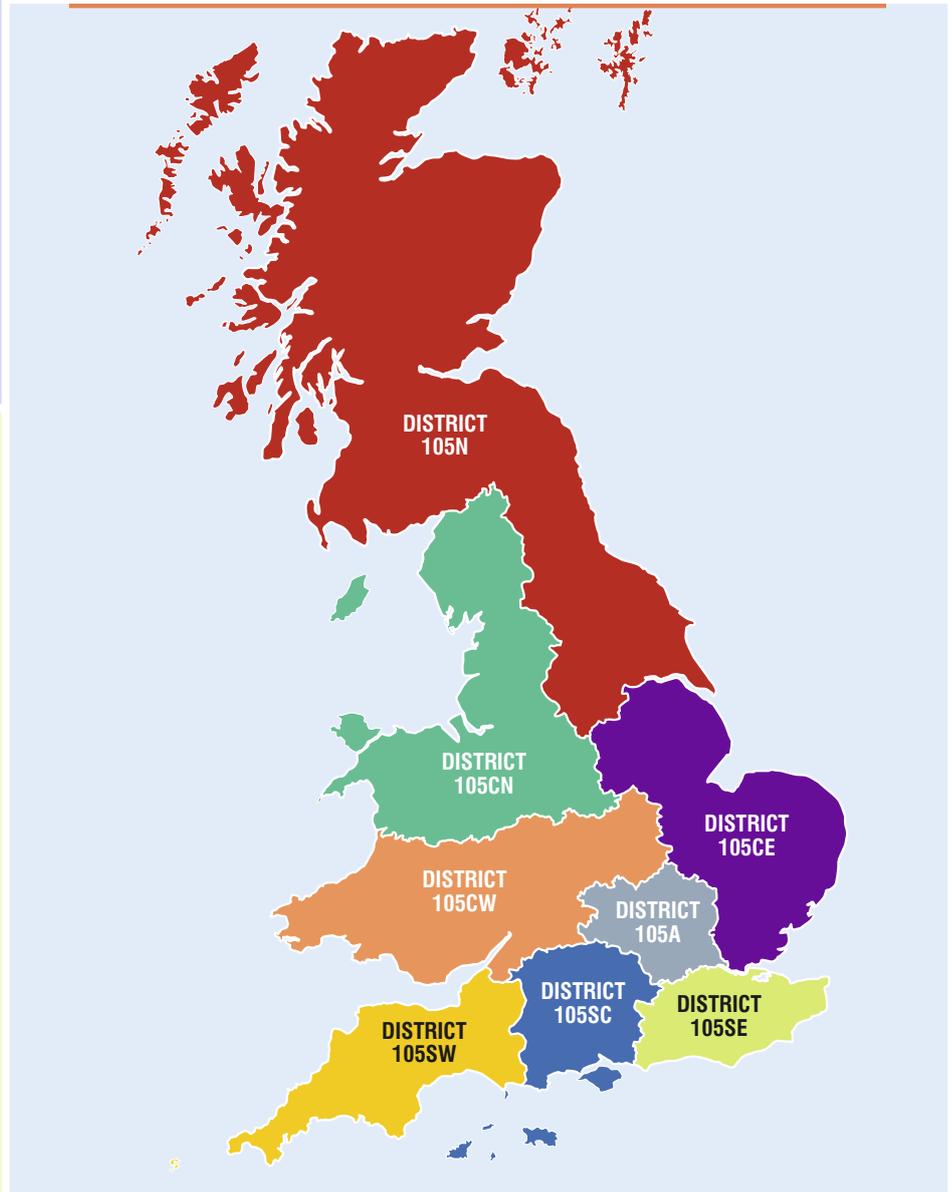
Weston super Mare
Adrian Turnock

Weymouth & Portland
Barbara Mitchell

Yeo Valley
Anthony Jenkins

TOTAL NEW MEMBERS 25

MD105 Districts 2019-2020





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Sharing good practice

In the Summer 2019 issue of Lion, we asked you to share your tips to help us all serve our communities even better. Here is another enterprising idea that should inspire your club.

'BAGS OF HELP'

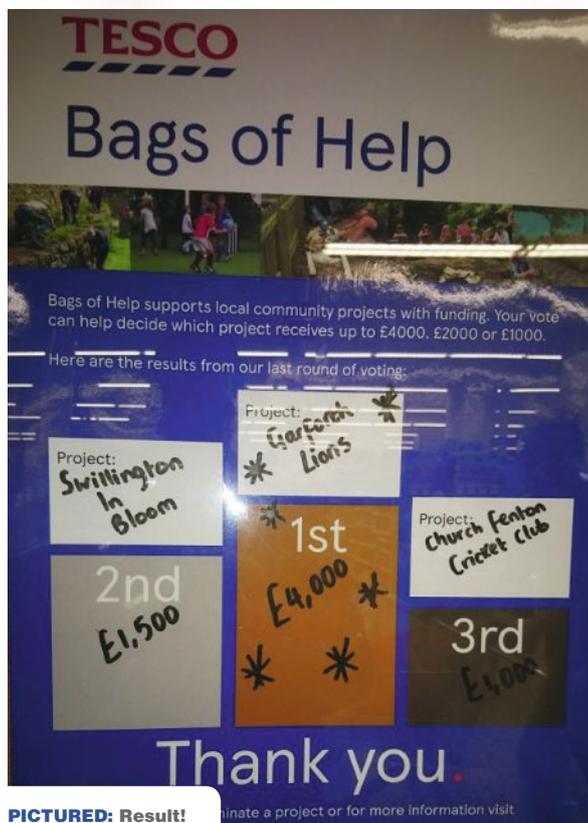
Garforth and District Lions have been looking at different ways of fundraising. They are lucky to have a fantastic relationship with their local Tesco store so they applied for a grant from their 'Bags of Help' scheme, which helps community projects with funding. Garforth and District Lions asked for help with their annual community bonfire.

The voting at local stores, with tokens given to shoppers at the tills, was open from 1st May to 30th June.

Club members waited with bated breath until the end of June when they were delighted to hear that they came in first place, and therefore, were awarded a grant of £4,000. This has gone towards the cost of the firework display and skip hire for the event to keep the community tidy.

If other Lion Clubs would be interested in applying for a grant visit: tesco.com/bagsofhelp

PICTURED: The Tesco 'Bags of Help' scheme helps to fund community projects with funding



PICTURED: Result! To nominate a project or for more information visit



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Unconventional – that’s what we are

The eight new Lions Club districts in the British Isles are holding their first ever conventions in February and March 2020. But what exactly is a Lions convention – and why should you attend?

The first annual convention for District 105 (British Isles) took place in Brighton back in 1952. This was two years after the first club, London (Host) was chartered, with 27 members, thanks to the support of Canadian Lions.



Describing the 1954 convention in Harrogate, organised by Bradford Lions, District Governor J.E. Warner Gottig, said:

“Words are inadequate to describe this grand, successful and happy Convention, by far the largest ever held in District 105. Bradford Lions excelled themselves; the Yorkshire hospitality and efficiency was in keeping with this world wide tradition to which these Lions have added much lustre.”

The celebratory event, with a “marvellous” ball and “splendid” banquet, was attended by the European International Director, and his wife, Per and Inger Stahl, from Stockholm, Sweden, where the first Lions club in Europe was chartered in 1948.

In 1961, the convention was held in Dublin, and the Multiple District 105 British Isles and Ireland was formed with two Districts, A and B.

Every year, District and Multiple District Conventions are held ahead of the Lions International Convention.

In 1962, the International Convention was held in Europe for the first time at Nice, France. The second time, in 1998, Birmingham was the host city in MD105.

At an International Convention, newly elected District Governors and their

partners witness an amazing spectacle of tens of thousands of Lions from around the world congregating in one city.

This never to be forgotten experience, was described by J.E. Warner Gottig, who had travelled to New York for the 1954 International Convention, as “colossal, stupendous and fantastic”. A parade of floats stopped traffic on Fifth Avenue. And a new motto was announced: **We Serve**.

The Lions International Rose celebrating the 1998 International Convention in Birmingham can still be ordered from:
www.fryersroses.co.uk/



2019/2020 Council of Governors Conventions are a highlight of the year for many Lions.

	Lion Stewart Sherman-Kahn Chair of District Governing Team	Lion Kamal Sharma District Governor 105A	Lion Gurcharan (Guch) Manku District Governor 105CE	Lion John Chambers District Governor 105CN
	 Joined Lions 2012	 Joined Lions 2003	 Joined Lions 1993	 Joined Lions 2003
DG Motto	Join Serve Enjoy.	Help others achieve, strive for excellence, care and respect for each other.	Forward together.	Going forward together for the future.
Convention highlight	At my first MD Convention in Blackpool - meeting the International President. It was also a true honour to introduce the MD105 District Governor team at the International Convention in Milan.	The introduction as DG with my wife at the MD Convention was spectacular. In Milan, meeting colleagues from all over the world and the British Isles reception was just magical.	I enjoy the social get-togethers and the opportunity to meet other Lions. The badging up ceremony in Milan was a particular highlight.	Dressing up as a dwarf from Snow White at a District Convention. The Sunday morning DG introduction at Swansea ticked all the emotions. The parade in Milan stands out for Lions camaraderie.



2020 CONVENTION CALENDAR

- 07-09 Feb: **105N** Darlington
- 14-16 Feb: **105CW** Worcester
- 21-22 Feb: **105SE** Maidstone
- 06-08 Mar: **105A** Watford
- 12-15 Mar: **105CE** Peterborough
- 13-15 Mar: **105CN** Liverpool
- 19-22 Mar: **105SW** Braunton
- 20-22 Mar: **105SC** Swindon
- 01-03 May: **MD105 Convention** Birmingham
- 25-29 June: **Lions International** Singapore



Over the years, many traditions have become established at Lions District, Multiple District and International Conventions.

These occasions continue to offer fun, friendship and fellowship. International visitors are welcomed, and guest speakers invited to talk about their work or other topics.

Business and training sessions provide opportunities to learn, gain insight and discuss key issues.

Today, the need to be less conventional – indeed, to be unconventional – is

necessary to ensure that conventions are relevant and appealing to 21st century Lions.

The 2019 MD Convention was ‘live’ streamed for the first time. In 2020, a new LION Talks approach will ensure speeches are short, topics are engaging and speakers are inspiring.

Proceedings are less formal. Open forum sessions seek to listen and learn. There will be more fun, more laughter and more memories to be made.

Across the Districts, fresh ideas enable different ways for Lions to meet-up,

exchange ideas and enjoy social activities at conventions.

Lions are able to book for different events or attend the whole convention. Partners, guests and family members are welcome.

Details and links for the 2020 District, Multiple District and International Conventions can be found at: [https:// lionsclubs.co/Member Area/ conventions/](https://lionsclubs.co/Member Area/conventions/)

Here your District Governing team share memories from District, MD and International Conventions.

Lion Ian Gott District Governor 105CW	Lion Andrew Kerr-Sutherland District Governor 105N	Lion Jarvis MacDonald District Governor 105SC	Lion David Butler OBE District Governor 105SE	Lion Jim Partridge-Hogbin District Governor 105SW
 Joined Lions 1992	 Joined Lions 2009	 Joined Lions 2012	 Joined Lions 1983	 Joined Lions 1993
Invest in your district.	We can make a difference as a team.	Fun seeking, Life Giving, Fund raising, Heart Warming - Lions creating a better world.	On the frontlines of service.	Putting the HEART into Lions (Humour Experience Appreciate Respect Trust).
Being awarded the International President’s Medal at an MD Convention. The 100th International Convention in Chicago was incredible with the Beach Boys at the opening and the longest parade imaginable.	The Manchester Convention 2014 – one of the best I attended – well organised, great fun and a great weekend. Toronto International Convention is a memory I will never forget.	Ken Staniforth singing his heart out as DG at 105D convention in 2019. We didn’t think he would make it there – so to watch a man who had been through so much enjoying his moment was truly inspiring.	In Milan, the spectacle of the Parade of Nations and discovering the breadth and depth of Lions across the world thereby gaining a greater insight into the true meaning of My Family of Lions!	Being elected as District Governor for the South West, first at the District Convention, and then at MD Convention is a special memory. In Milan, meeting so many likeminded people from around the world.

IMPORTANT INFORMATION

MD Convention 2020 - **Change of Venue**



EXCITING NEWS FELLOW LIONS!

We are on the move and Convention 2020 (1st - 3rd May) will be at The Holiday Inn **BIRMINGHAM CITY CENTRE** and adjoining Birmingham Conference and Events Centre.

We have a super purpose built venue with internal links from the hotel to The Convention Centre. We are less than 2 minutes from Birmingham New Street Railway Station (you can visit the wonderful Grand Central Shopping Centre above New Street). You can hop on the train and let's look after our environment.

The Holiday Inn has an NCP car park at the rear of the hotel and rates for parking have been negotiated. There is so much to do right on your doorstep. Birmingham is an exciting place to be and within walking distance you have many restaurants, theatres and places of interest to visit.



TAKE A
PEEK
AT BIRMINGHAM



Do come along and support the exciting programme we have lined up.

FRIDAY is our **WELCOME NIGHT** with a 'Peaky Blinders Theme' and lots of fun and entertainment.

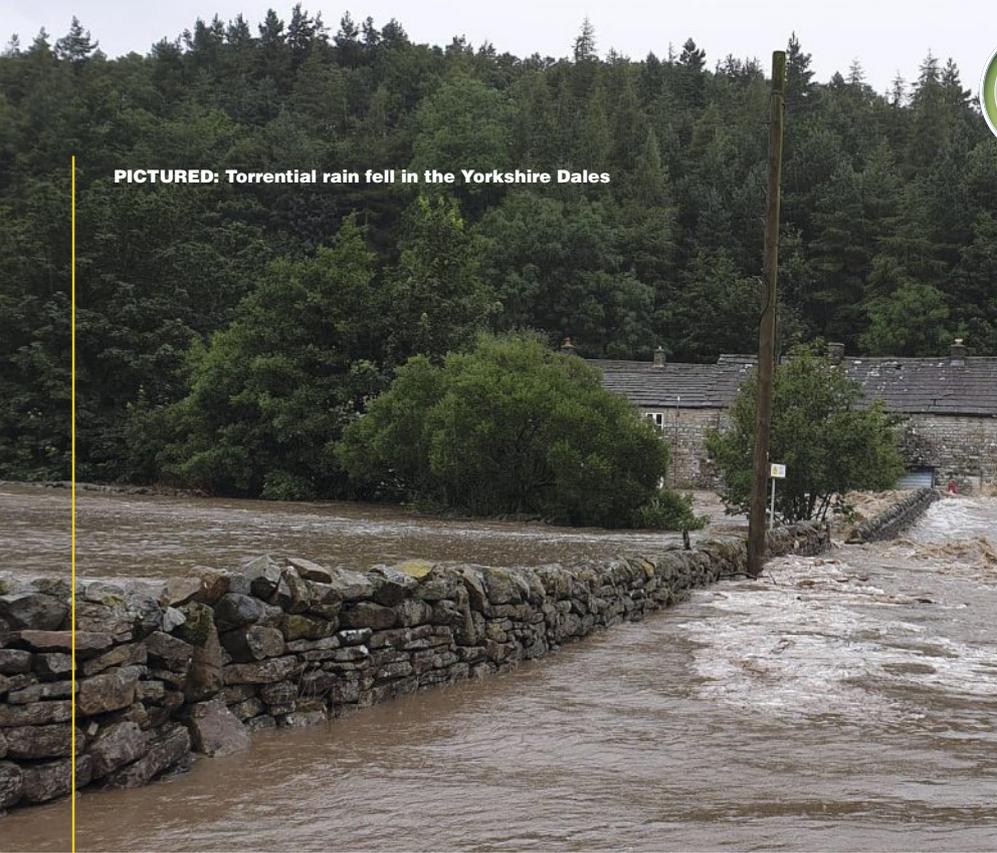
SATURDAY GALA DINNER will have you dancing the night away with friends old and new!

Booking will be open from mid-November and more information will be found on the MD website





PICTURED: Torrential rain fell in the Yorkshire Dales



PICTURED: Clearing large boulders and debris



PICTURED: Debris and trees in the river



PICTURED: The sides of this footbridge were washed away



PICTURED: The clear up

Lions support communities hit by floods

£13,000 was raised by Lions Clubs following flash floods earlier in the year.

Torrential rain fell in the Yorkshire Dales at the end of July – up to a month’s worth in just a few hours, leaving some residents with only the clothes they stood up in and a few personal belongings.

Following the floods, Lions Clubs from across Yorkshire, the North East and Scotland helped to raise £13,000 to support people living in Arkengarthdale, Swaledale and Wensleydale.

The £13,000 donation is to support those who have been directly affected by the floods and will be distributed through the Two Ridings Foundation; the organisation coordinating the appeal to support the relief efforts.

District Treasurer, Lion David Wells, said: “Right now, our own local communities need practical assistance, and local Lions Clubs have responded to help those who are struggling.”

Anyone can support this appeal by donating to the Two Ridings Community Foundation at:
<https://www.tworidingscf.org.uk/donate/>

Photographs with kind permission of Simon Atkinson of Whaw in Arkengarthdale



Lions help children learn about marine pollution

Clevedon Lions Club has helped to provide all primary schools in the community with children's books and teaching resources on ocean plastic. The books are written by author and illustrator team, Ellie Jackson and Laura Callwood from Cornwall. They follow three well-loved animals as they encounter plastic bags, balloons and fishing nets and each book is written in a positive and hopeful light to inspire the next generation to tackle the issues.



PICTURED: Yeo Moor pupils on their way to tackling ocean plastic

Author Ellie is on a mission to secure sponsorship for every primary school in the UK to receive a copy of her books and teaching resources, and Lions Clubs around the UK have been incredibly supportive of this project. Clevedon Lion, Sue Miller, said: "As a Lions Club, we are actively involved in caring for the local environment and we will do everything we can to help support the children in making a difference."

Ellie is asking for everyone to make small changes which will collectively make a big difference to our environment. Refuse single use plastic such as straws, takeaway containers, disposable coffee mugs, plastic bags etc and know that every single time that you choose reusable over disposable you are helping to preserve our fragile environment and wildlife.

Community pride

Lions Club of Bletchley members picked up their bin bags and litter pickers to clean up West Bletchley recently.

The volunteers collected 10 bags of waste, which has now been disposed of properly. A Lions spokesman said: "We are pleased to help maintain the local environment for the wellbeing of the community."

West Bletchley Council said: "This service activity is greatly appreciated by townspeople and those who visit our town. Collecting rubbish brings people together, improves the appearance of an area, wildlife habitats and our relationship to where we live."



PICTURED: Bletchley Lions litter pickers

Lions take on Pickering Beck clean-up

More than a dozen volunteers helped remove choking weeds, debris and rubbish from the stretch of the water between Beck Isle Museum and the Ropery car park, filling many bulk waste bins and bags.

The Lions initiative was in support of Richard Askew, of Firthland Road, Pickering. For three years, Richard has dedicated hundreds of hours of his spare time to working along the riverbank single-handed, or sometimes with his 11-year-old daughter, Jade, to remove dumped waste and clear up the water course.



PICTURED: Ryedale Lions and local volunteers in part of 'Operation Clean-up' along Pickering Beck

"The work that Richard puts in voluntarily to keep the beck tidy is incredible. When we heard about how he could do with some help before the winter sets in we were happy to lend a hand," said Lions President, Frank Hayward.

Richard was delighted with the assistance offered by the Lions and also extra volunteers. He said: "It was a really productive day, we shifted masses of weed and rubbish that was blocking the beck. The Lions were absolutely amazing."

Local shops and businesses showed their support with staff help and donations of hot drinks, cakes, hot food and tools.

The LION

In the Spring Issue

Published February 2020

Sharing your stories on
environmental initiatives

- Recycling
- School Projects
- Planting
- Partnerships
- Cutting Plastic Waste
- Healthy Eating
- Litter Picks

Send your stories,
with photographs by
16 January 2020 to:

The Lion Editor
lion.editor@lionsclubs.co

Share your news via **Facebook@LionsClubsBritishIsles**
or Twitter: **@LionsClubsBI**

LION Magazine British Isles can be downloaded as a PDF or read online.
It is also available using an App from Google Play or the iTunes store.
See: <https://lionsclubs.co/MemberArea/lions-news/lion-magazine/>

Environmental Photo Contest



The Lions Environmental Photo Contest provides a way for Lions and Leos to portray, through an original photo, their pride and commitment to improving, protecting and preserving the environment. Every Lion or Leo from a club in good standing can enter a photograph. The photograph should depict the local environment of the community the Lions or Leo Club serves. They must therefore be taken within the geographical area of MD105 (British Isles).

Entry Guidelines

The competition invites photos depicting a nature theme. There are four categories:

- 1) **Plants**
- 2) **Animals**
- 3) **Weather phenomenon**
- 4) **Other aspects of nature including landscape**

This will allow more photographers the chance of winning the Multiple District competition. A winner will be chosen from each category and the overall winner will be selected from these.

The photos must measure 5"x7" (13 cms x 18 cms). The photos must not include people.

The contest begins at club level and winning photographs will advance to the District and then the Multiple District Competition. Winning District photos must reach MDHQ by **20th January 2020** so that the Governors can choose the overall winner at the January Council Meeting. There will be an overall 1st, 2nd, and 3rd prize. An award will be presented to the winning photographers at MD Convention 2020 and the photos will be featured on the MD105 website.

To learn more about the **Environmental Photo Contest** please contact us:

MD105 Environmental Officer

Lion John Crompton
Email: johncrompton@lionsclubs.co.uk

Or

Lions Clubs International

257 Alcester Road South,
Kings Heath, Birmingham, B14 6DT
Tel: 0121 441 2544 (0345 833 9502)
Email: mdhq@lionsclubs.co.uk

Lions Clubs International

BRITISH ISLES
www.lionsclubs.co



THE GENERATION GAME



Prudent financial planning should cater for the needs of all the members of a family, from the youngest to the oldest.

When the Queen turned 93 on 21 April 2019, she served as a very public reminder of how much longer, as a society, we are living. In her own family, four generations are now all alive at the same time, from the Queen herself down to her latest great-grandchild. An increasing number of families now find themselves in the same position, which has implications for financial planning.

As a nonagenarian, Her Majesty is far from alone. The number of people over 90 years old rose by 39% between 2007 and 2017, according to a report published by the Office for National Statistics (ONS) in 2018.¹

A further ONS report states, by 2037, the UK's 65 years and over age group could reach 24% of the whole population - a marked increase in the 18.2% figure recorded in 2017.² Another key theme is how we manage our wealth against the backdrop of a growing generational wealth gap.

For those born after the Second World War and in the 1950s, the economy of

their working years was benign and kind to them; but it was less so for those born in the 1980s and 1990s – the so-called 'millennials' – who are finding it harder to get jobs and to get onto the property ladder. It means many parents are having to support their children financially well into their adult lives.

While our children are struggling with their finances, our parents are living longer. This has led to an increase in the need for long-term care, which is likely to be financed from accumulated savings, selling the family home or with support from younger generations.

**OLIVER REEVE
IS AN ACTIVE
LIONS MEMBER**

St. James's Place provides a range of family-oriented financial products and services,

enabling families to work collaboratively to support each other across the generations. Financial support need not be in the form of a handout; it can become an integral part of generational financial planning.

Whether you would like to help your children onto the housing ladder, contribute to a grandchild's education or wedding, or help your parents with later-life planning, careful consideration can ensure your wealth works harder for all your family without putting your own security and retirement comfort at risk.

For further information or to arrange a no-obligation meeting, please contact Oliver Reeve & Partners Limited by phone on 01732 523231 or by email at oliver.reeve@sjpp.co.uk.

¹ ONS – births, deaths and marriages data, September 2018

² ONS, Overview of the UK population: November 2018



OLIVER REEVE & PARTNERS LIMITED

Partner Practice of St. James's Place Wealth Management

Tel: 01732 523231

Email: oliver.reeve@sjpp.co.uk

Web: www.oliverreeve.co.uk



ST. JAMES'S PLACE
WEALTH MANAGEMENT



THE 12 WAYS OF LIONS

There are many ways in which Lions support here are twelve of our favourite ones.

If we've missed your special way of Lions Christmas service, Twitter using the hashtags #LionsChristmas #KindnessMatters



The 1st way of Lions Christmas service means to me:

"A light in a Christmas tree"

Did you know that... a Tree of Light tradition started 14 years ago between St Mary's Church and Bridgend Lions where a light can be dedicated for a loved one or special cause?



The 2nd way of Lions Christmas service means to me:

"Donations of new toys"

Did you know that... since the 1980s an appeal by Accrington Lions Club has donated new toys to hundreds of disadvantaged children across the borough of Hyndburn?



The 3rd way of Lions Christmas service means to me:

"Elves in Santa's grotto"

Did you know that... Haverhill Lions magically transform into elves to welcome over 600 children to a special Santa's grotto at a local garden nursery?

The 4th way of Lions Christmas service means to me:

"Rocking Rudolph on a sleigh"

Did you know that... a Rocking Rudolph tours the streets and shopping centres with members of the Minster Lions of York and Derwent Lions Club?



The 5th way of Lions Christmas service means to me:

"Selling fir trees"

Did you know that... Dumfries Lions Club sources over 300 locally grown Nordmann fir trees for its annual Christmas tree sale?

The 6th way of Lions Christmas service means to me:

"Christmas cards a-delivering"

Did you know that... Lutterworth Lions Club have collected, sorted and personally delivered thousands of Christmas cards to local residents for more than 25 years?



CHRISTMAS SERVICE



their local communities over Christmas,
Do sing along...

*please share your photos and stories with us on Facebook and
#LionsGetInvolved #StepForward and #JoinUs.*



The 7th way of Lions Christmas service means to me:

“Christmas lunches a-serving”

Did you know that... for the best part of 30 years, members of Woking Lions have helped prepare and serve lunches for the elderly and those alone on Christmas day?



The 8th way of Lions Christmas service means to me:

“Mother Goose a-playing”

Did you know that... Liskeard Lions and members of the local community have put on a pantomime for the last 24 years? Oh no, they haven't! Oh yes, they have!!



The 9th way of Lions Christmas service means to me:

“Winter fuel payment sharing”

Did you know that... Brighton Lions Club has set up Project Wenceslas to receive donations of Winter fuel payments to help heat the homes of local families suffering fuel poverty?



The 10th way of Lions Christmas service means to me:

“Boxing day sea-dipping”

Did you know that... if you fancy a dip in the North Sea, Sunderland Lions are celebrating the 45th anniversary of their Boxing Day public swim at Seaburn Beach?



The 11th way of Lions Christmas service means to me:

“Gifts of food preparing”

Did you know that... Preparations are underway to distribute gifts of food for the elderly and those in need in specially printed tote bags by Winslow Lions.



The 12th way of Lions Christmas service means to me:

“Christmas stocking making”

Did you know that... Worcester Lions are supporting a new initiative by making Christmas stockings with a present inside for 400 young care leavers across Worcestershire?





45 years of firework fun

The annual Uttoxeter Lions bonfire and fireworks display took place on Saturday 2nd November. It was themed on Apollo 11 to commemorate the 50th anniversary of the moon landing.

The finale this year was in memory of Dennis Parker BEM, of Denstone, who passed away in August. Dave Scorer, of Uttoxeter Lions, said: "The annual bonfire and fireworks display is one of our biggest events and Dennis was always involved. He was a founder member of the Uttoxeter Lions Club in 1975 and was our last serving charter member. As such, we thought it was only fitting to honour his memory.

"In 2016, Dennis was awarded a BEM in the Queen's New Year's Honours List for his charity work.

"This was our 45th annual bonfire and all the profits go to good causes. The people of Uttoxeter and the surrounding towns have always supported us and once again, they were rewarded with a fantastic evening."



PICTURED: The late Dennis Parker with his letter telling him he had been awarded the BEM >>

Lions target of scams and frauds

We all know that scams and frauds are on the rise. Unfortunately, Lions Clubs International is not immune from being the target, and we are aware that our name has been used by unscrupulous individuals seeking to defraud Lions and members of the public.

If you or anyone you know receives calls, letters or online messages purporting to be from Lions Clubs International or any Lions Club, please be aware of the following:

We never ask anyone seeking a grant from Lions Clubs International or from any Lions Club to make any payment to secure a Lions grant. Anyone contacting you on the telephone, by letter or online offering a Lions grant in exchange for a fee or advance payment to secure a Lions grant, is doing so fraudulently, and you should not proceed with the matter.

REMEMBER THE ADVICE OF ACTION FRAUD:

1. Be vigilant of unsolicited calls, texts or social media messages, asking for your personal or financial details, and don't automatically click on the links in unexpected emails.
2. Remember, legitimate organisations will never contact you out of the blue and ask for your financial details, such as your PIN, banking passwords or card details. If you receive a call you are not expecting, hang up and contact the company directly using a known email or phone number.
3. If you think you have been a victim of fraud, report it to Action Fraud on **0300 123 2040** or via www.actionfraud.police.uk

For further advice on spotting and avoiding scams and frauds, see the following websites:

- Age UK: <https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/>
- Citizens Advice: www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/
- UK Government: www.gov.uk/government/publications/frauds-tricks-and-scams/fraud-tricks-and-scams



“Can we join you?”

The proof of the plan put in place by Ross on Wye Lions Club to recruit new members is that now, local people are asking how they can get involved.

“We’ve almost been startled by our success,” says Sue Wilding – who, as the newly appointed MD Membership Coordinator, is keen to help other clubs flourish.

“It’s important that club members have a shared desire to maintain and grow membership,” explains Sue. “With everyone’s support, a small group of two or three Lions can take action, which, over time will deliver results.”

Based on the experience of the Ross on Wye Lions, Sue summarises a simple plan that all clubs can adopt. It is based on three words: flexibility, visibility and tenacity.

FLEXIBILITY

Be prepared. Seek the views of club members on areas that need improving. Use an anonymous questionnaire (available from your District Membership Officer) to identify where changes can be made. Perhaps your meetings could be more relaxed? Members may have thoughts about different social events. Or they come up with new service project ideas that will appeal to potential members. Being open and flexible to change will help the new members you recruit to feel welcome and confident to suggest new ideas of their own.

VISIBILITY

Be proud. Ensure your club has a strong local presence. Can you create a display in a local shop window to show how the club has made a difference in the community? When you take part in events, display the Lions emblem with pride. Wear branded clothing and use high profile signs with a large logo. Make sure these are visible in photographs you take to send with your stories to the media or post online.

Keep your website updated, build a relationship with local media and create an active Facebook page. Focus on being seen in the local community. Become well known for the good work



PICTURED: Sue Wilding with Pudsey

you do. Always have postcards, flyers and posters to hand out that include a contact number and email address for the club. **(Turn to page 22 of this issue to see what PR material you can use.)**

And remember to ‘sell’ Lions – support community events by taking stalls or acting as stewards. Don’t feel you have to go to great lengths to create fancy fundraisers – just promote Lions. When you meet people, talk about how your club helps others, share your personal enthusiasm for volunteering as a Lion, and ensure they realise the fun and fulfilment that membership offers.

TENACITY

Be persistent. Never give up. There are lots of things to try to gain new members. The District Officer has a huge membership menu to give you ideas. Pick up the phone or send us an email and we’ll be happy to help. We believe in you and know your club has potential to grow. It may not be easy – not everything works, and results take time to be seen. Keep trying and undoubtedly, you will make a difference.

HOW TO CONTACT THE LIONS CLUBS OF THE BRITISH ISLES MEMBERSHIP TEAM

SUE WILDING – MD Membership Team Coordinator
suewilding@lionsclubs.co.uk

MICK CLAXTON – District A Membership Team Coordinator
mick.claxton@ntlworld.com

ALAN HALL – District CE Membership Team Coordinator
gmt@lions105ce.org.uk

CAROL DAWSON – District CN Membership Team Coordinator
gmt@lionsclubs105cn.org.uk

SUE WILDING – District CW Membership Team Coordinator
gmt@lions105cw.org.uk

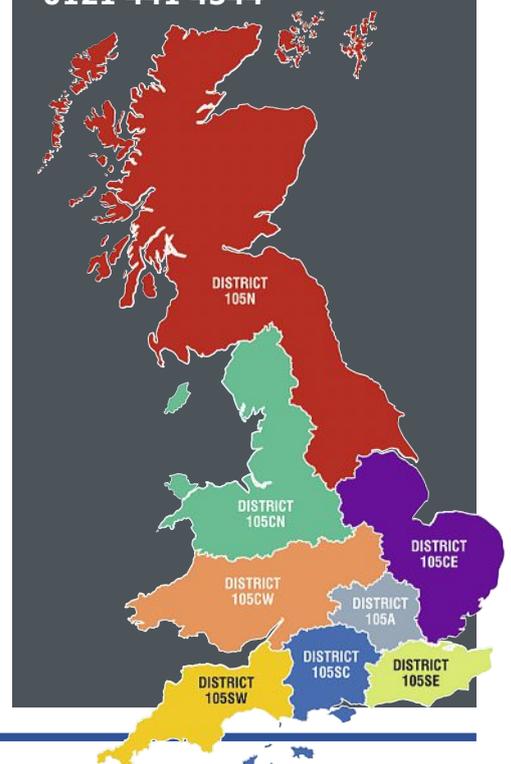
CLIVE BARWELL – District N Membership Team Coordinator
pdgclivebarwell@lionsclubs.co.uk

TIM HANTON – District SC Membership Team Coordinator
gmt@lions105sc.org.uk

HOWARD LEE – District SE Membership Team Coordinator
lionhowardlee@sky.com

SUE MILLER – District SW Membership Team Coordinator
s.miller@live.co.uk

Membership Team telephone:
0121 441 4544





#LionsGetInvolved

To be shared through social media and websites, available to download from: <https://lionsclubs.co/forum/>

About Lions

Wherever you live, work or travel, you are likely to come across members of Lions Clubs.

#StepForward
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/Public/volunteer/>

I'm proud to be a Lion - hear me roar!

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Lions Message in a Bottle

Local Lions Clubs ensure that millions of people benefit from its Message in a Bottle initiative.

LIONS Message in a Bottle

Local Lions Clubs ensure that millions of people benefit from its Message in a Bottle initiative. This simple idea enables individuals to keep their personal and medical details in a convenient location - the hospital or care home they are likely to visit the most often. The simple idea is to place a message in a bottle in a care home or hospital ward to ensure that the message is always available when needed.

Step Forward

If you'd like to know more about Lions Clubs, and how we volunteer to make a difference in our local communities, get in touch with your local club or see: www.lionsclubs.co

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Get Involved

Lions Club needs you to get involved to help our local community

#StepForward
#JoinUs:
#LionsGetInvolved

Get Involved

Our Lions Club needs you to get involved to help our community

#StepForward
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/Public/volunteer/>

A series of A6 size Cards, each with a different key message. The reverse of each card contains the Global Service areas.

Available as a set of 9 for **£1.50** + p+p

Helping others

Every Lions Club supports a range of good causes and projects in its local area. Lions organise remarkable fundraising projects to help those in need.

#StepForward
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#JoinUs:
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#StepForward
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#LionsGetInvolved

Every journey begins with a single step...

#StepForward
#JoinUs:
#LionsGetInvolved

Thank you for every penny

If you have ever put a coin in a collection, supported one of our projects, attended an event we've organised or got involved with Lions Clubs in any other way... Thank You! We are proud to be able to help those in need in local communities.

#LionsGetInvolved
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/Public/volunteer/>

Get Involved

Lions Clubs get involved within their communities. We respond to local needs, work effectively to make a difference and have fun.

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#JoinUs:
<http://lionsclubs.co/Public/volunteer/>

Diabetes is a global epidemic - we are committed to defeating it.

#StepForward
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/>

Childhood cancer research saves lives - we are committed to supporting it.

#StepForward
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/>

Our environment is our home - we are committed to caring for it.

#StepForward
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/>

Hunger affects local communities - we are committed to tackling it.

#StepForward
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/>

Eye health care helps millions - we are committed to promoting it.

#StepForward
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/>

#Step forward and #Join us

About Lions

Wherever you live, work or travel, you are likely to come across members of Lions Clubs and projects we support

#StepForward
#JoinUs:
#LionsGetInvolved

#JoinUs:
<http://lionsclubs.co/Public/volunteer/>

Every journey begins with a single step...

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Step Forward

If you'd like to know more about Lions Clubs, and how we volunteer to make a difference in our local communities, get in touch with your local club or see: www.lionsclubs.co

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<http://lionsclubs.co/Public/volunteer/>

Get Involved

Our Lions Club needs you to get involved to help our local community

#StepForward
#JoinUs:
#LionsGetInvolved

Posters available to display

A4 size **£1.00** +p&p

A3 size **£2.50** +p&p

A2 size **£4.00** +p&p

Helping others

Every Lions Club supports a range of good causes and projects in its local area. Lions organise remarkable and memorable fundraising activities

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Lions Message in a Bottle

Local Lions Clubs ensure that millions of people benefit from the Message in a Bottle initiative.

This simple idea enables individuals to keep their personal and medical details in a common location - the fridge.

If the emergency services are called to a home they are quickly able to find this vital information.

For more details on where to obtain a home call: 0121 441 4544 or see: www.lionsclubs.co

Thank you for every penny

If you have ever put a coin in a collection, supported one of our projects, attended an event we've organised or got involved with Lions Clubs in any other way... **Thank You**

We are proud to be able to **help those in need** in local communities

#LionsGetInvolved
#JoinUs
#StepForward
Visit: <http://lionsclubs.co>

Globally 1.4 million #LionsGetInvolved and #StepForward in their local communities.

Together we serve to:

- Fight against diabetes
- Support childhood cancer initiatives
- Relieve hunger
- Improve eye health and eye care
- Protect the environment
- Engage young people
- Respond to humanitarian crises

Lions Christmas Cards and Posters are also available to purchase from Lions MDHQ

A5, 4 page leaflet

Available at 100 copies for **£15** +p&p

#LionsGetInvolved
Step forward and join us

Whenever you live, work or travel, you are likely to come across members of Lions Clubs and the projects we support.

Lions are ordinary people who do extraordinarily things to help others and support good causes. Globally we have more volunteers in more places than any other service club organisation. We have the ability to help almost any area that needs help.

Every Lions Club supports a range of good causes and projects in its area where you can get involved. Every day there are exciting fundraising opportunities and memorable fundraising activities.

Every year in Europe, Lions Clubs support the Lions Clubs International (LCI) World of Lions Convention. This is a chance for members to meet and share ideas, to support local activities and to meet other Lions from all over the world.

Because we are local, we serve the unique needs of the communities in which we live. As we are global, we can address community challenges wherever they occur.

Get in touch with us:

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10 reasons to join us
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All these materials are available from Lions MDHQ
Call **0121 441 4544** or email **mdhq@lionsclubs.co.uk**



Windsor Lions reach 'the pits'

Windsor Lions enjoyed a celebratory fish supper with their friends at Thames Valley Adventure Playground (TVAP) recently, after presenting them with £3,000 to refurbish and extend their sand pit. The work, which was funded by the Lions and carried out by volunteers from local businesses, was done to commemorate a founding member of the club, Lion John Peters. John, who sadly passed away last year, had been heavily involved with TVAP, along with his wife, Rosie, since its foundation over 40 years ago.

Lion Bob Tavinor, who organised the evening, said: "Windsor Lions and TVAP go back a long way and it's a fantastic way to mark John's passing with this ongoing legacy for the playground."

The TVAP allows children and adults with all types of special needs to enjoy the fun, freedom and friendship afforded by the opportunity to play and share experiences in a safe and stimulating environment.

Wheelchair-accessible roundabouts and swings, elevated walkways that allow those with profound and multiple difficulties to enjoy the excitement of 'climbing' trees, multi-sensory rooms to stimulate and relax, with specially-trained staff to provide help and support – are just a few of the things on offer.



PICTURED: (L to R) Rosie Peters, widow of Lion John Peters, Peter Prior from TVAP and Lion President, Judy Hill

A Walk in the Park



PICTURED: Keswick's Town Crier, David Hall, not letting the weather dampen his spirits

Despite atrocious weather, the 'Walk in the Park' event in Keswick went ahead. The event was intended to be a District 105CN LCIF fundraiser and although a number of clubs had pledged to take part, the advance weather forecast persuaded them otherwise and they made the correct decision not to travel.

The paragliding competition had to be cancelled due to the forecasted extreme weather conditions, which was disappointing for all but organiser, Alan Dunn, who had been talked in to doing a tandem paraglide from the nearby Latrigg mountain. Some of the stalls cancelled but in good old British style, the show went on and it was great to see many families come out and brave the rain.

Many young local musicians got drenched playing their instruments outside but still said they enjoyed the day.

After the event, Alan Dunn said around £9,000 will go to LCIF, plus another £215 raised by Martin Davey, a member of The Bert Mason Internet Club, who walked 15 laps of the event in his Lion outfit.

Joint fundraising

Lancaster & Morecambe Lions Club and volunteers collected money alongside charity, CancerCare, during the August Bank holiday weekend at the seventh annual 'Vintage by the Sea Festival'.

This successful free event welcomed thousands of visitors who, despite the strong wind and showers, enjoyed 'everything vintage' including music, dance, costumes, cars, shows and arts and crafts.

CancerCare and the Lions used the appropriately named 'Lions Room' at Slyndales to count the proceeds and £1,291 was divided between the two organisations.

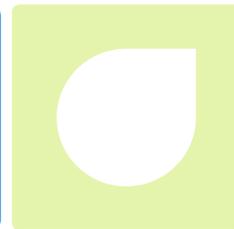
PICTURED: Lions Bob Hobbs and Graham Haddington with CancerCare staff counting money raised





“Water is very essential for life. If water is not clean, we cannot be healthy. We cannot clean ourselves. We cannot clean the toilet. If there is clean water, we could concentrate more on our studies rather than these sorts of basic problems. Superficially, it looks very simple. But it has a very deep effect on our lives.”

Climate change is water change



Aspara lives in a remote part of Nepal, an area significantly threatened by changes to the environment. Access to clean water, toilets and good hygiene is a daily struggle. But over the course of the next three years, we plan to repair and rebuild 30 broken water systems in Aspara's district, reaching 6,000 people.

But we can't do it alone. Can your club help us?

Pledge to raise £1,000 or more towards our Nepal project, and we'll send you and your club biannual reports on how your support is transforming lives in one of the most remote areas of the world.

Together, we can spark lasting change with access to clean water, decent toilets and good hygiene. Together, we can ensure Aspara, and many others like her in Nepal, realise their potential.

Call 0207 793 4594 or email [Jade on community@wateraid.org](mailto:community@wateraid.org) to find out more.



Wokingham Lions Club donates £5,000 to Sue Ryder Wokingham Day Hospice

Wokingham Lions Club has donated £5,000 to the Sue Ryder Wokingham Day Hospice. The funds will be used to buy two new specialist chairs and a new IV drip to help patients with limited mobility.

Abi Hurst, community fundraiser for the hospice, said: "We are so grateful to the Wokingham Lions Club for their generous donation.

"We rely heavily on support from groups such as the Lions, and their support and amazing donation are so very much appreciated!"

PICTURED: (L-R) Abi Hurst, community fundraiser, Sue Ryder Wokingham Day Hospice accepts a cheque from Lyn Baily, President of Wokingham Lions Club



£1,000 for Little Harbour

Camborne Redruth Lions recently held a free raffle in aid of Little Harbour, the Cornish Children's' hospice. With a small top up this raised £1,000.



PICTURED: (L to R) Lions Mabs Loughlin, Steve Young, Ann Bishop and Jenny Salisbury, Alice from Little Harbour, Lions Derek Canham, President Ken Powell and Viv Broadhurst

Egg-cellent fundraising by Wareham Lions

Earlier in the year, Wareham Lions ran an Easter egg competition throughout the Swanage and Purbeck areas and collected a substantial amount of money for good causes, including the Air Ambulance Service.

They presented a cheque for £1,000 to Lorraine Otteril, a representative of the Dorset and Somerset Air Ambulance Service at their September meeting.

Lorraine updated members with the latest news from the service, such as how many call outs they have attended and the latest equipment they have at their disposal.

It's another great 'Knockout'

Humberston Lions held their 10th 'It's a Knockout' in Cleethorpes last July utilising the original BBC 'It's a Knockout' giants and equipment. 28 teams of 10 contestants had a great day of getting wet and falling over to raise money for charity.

With some generous sponsorship by E.On Energy UK, they raised a magnificent £17,000, which was donated to the Lincolnshire and Nottinghamshire Air Ambulance, who said that this was the largest single donation from a one day event they had ever received.

PICTURED: Giants in Cleethorpes!





Swim for it!

The Llandudno Lions supported a sponsored swim around the Orme in August, raising money for Breast Cancer Now and Prostate Cancer UK.

The swimmers got in the water at 2pm from the old slipway on Llandudno prom and finished on West Shore. They swam just over six miles, encountering seals and the currents around the Orme. The team of 11 swimmers came ashore just after 5pm.

Inspiration for this event came from Peter Aldous, who was the Llandudno Swim Centre manager. Two years ago, Peter attended a prostate screening clinic run by the Llandudno Lions. His results were not good but now, two years on, and recovered from an operation and treatment, Peter came up with an idea to raise money for cancer charities and donate to the Lions as a thank you. The club will use any money they receive from the swim towards next year's screening event in April.



PICTURED: Peter and Kim Aldous presented a share of the money raised during the sponsored swim to Llandudno Lions for their next prostate screening event

Angelo reaches new heights



PICTURED: Angelo's relief after his skydive

Tring Lions latest member, Angelo Ferraro, recently achieved a lifelong ambition when he did a skydive. At the same time, he raised money for a Lions sight project, money is still coming in but it is estimated that he will have raised several hundred pounds toward the cost of the project.

Lions around Tring have been challenged to buy three 'spot cameras'. These cameras are set up to identify six risk factors, and they will be used to identify eye problems in young people. Specially trained people will visit local schools and take pictures of the children's eyes and if there are defects detected, the parents will be advised to seek further help.

On top of any money raised through the Angelo's skydive, Tring Lions will also be making a donation.

Cracking performance by Clevedon Lions

During the last presidential year, Clevedon Lions raised more than £18,000 which has supported 22 organisations and charities.

The money also paid for the maintenance of the defibrillators that were bought and installed by the Club as well as social evenings for the Partially Sighted Group and the annual Harvest Festival for the elderly.

Penny Brohn UK

Portishead Lions Club has donated £500 to Penny Brohn Cancer Care in Pill. Lion President, Roy Shaw said: "We have supported Penny Brohn for many years as we recognise the amazing support they offer cancer patients and their families."

PICTURED: (L-R) Sophie Thomas, fundraising officer of Penny Brohn Cancer Care with Lion President, Roy Shaw





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PICTURED: Great company, lovely sandwiches, cakes aplenty



COVENTRY LEOFRIC LIONS SECRETARY TAKES A 'THANK YOU' LEAP FOR MYTON HOSPICE

Lion Stuart Young took a leap into the unknown recently when he took part in the first ever Myton Hospice zip wire across the Ricoh Arena in Coventry.

Stuart certainly felt the adrenaline pumping around his body as he soared along the 135 metre-long zip wire that spanned the arena field of play and seating area.

To date, he has raised £500 with support from members of the club and the wider 105CW district. He said: "Myton Hospice have cared for a number of our club members and their nearest and dearest, and a close friend of mine spent their final days there – the care they received was amazing so this is my way of saying thank you and giving back to this amazing organisation."

Coventry fundraisers

AFTERNOON TEA

Coventry Leofric Lions and Leamington & District Tangent hosted a summer afternoon tea party.

Lion Nick Button, and his wife, Delia, opened up their home to host over 40 people to raise £719 to be shared by both charities. It was a wonderful afternoon with great company, lovely sandwiches, cakes aplenty, tea by the gallon and engaging conversations – all whilst raising money for great causes.

Kettering Soup success

Kettering & District Lions Club won £120 at the recent Kettering Soup event and had a further £20 donation given to them on the day.

The event, hosted by Kettering Voluntary Network, is a creative and tasty community fundraiser, where everyone is invited to enjoy a

bowl of delicious soup and listen to presentations by representatives from four local good causes about projects they are seeking support for. In exchange for a minimum donation of £5, people enjoy their soup, and then vote. The £5 donations go into the kitty, and all of those who have made a donation, vote on which project they favour best.

The £120 that Kettering & District Lions received has been put towards their 'Glideaway' beds project; these are special beds that can be used by

relatives of people in palliative care wards at Kettering General Hospital. The beds are designed for daily heavy duty use and conform to the strict infection control and health and safety standards set by the hospitals, whilst offering a comfortable night's sleep for relatives. The beds will allow more family members to stay alongside their loved ones whilst they are being treated.

Kettering Lions want to raise enough money to buy six of these beds, which cost £695 each.

CAMPAIGN | 100



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ONE COMMUNITY AT A TIME





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in vision, youth,
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the global epidemic
of diabetes

EXPAND

our global causes to
childhood cancer,
hunger, and the
environment

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YOUR WORLD IN NEED, YOUR FOUNDATION IN ACTION



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2/3 of children report being victims of bullying. ▶



LCIF will provide access to education, health services, and social programs, and provide youth skills-building programs, including Lions Quest.

Our planet experiences a 15% rise in natural disasters every year. ▶



LCIF will deeply engage in disaster relief efforts, preparing for whenever and wherever devastation strikes.

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425 million people live with diabetes; this number may approach 630 million by 2045. ▶



LCIF will respond to the diabetes global epidemic through multi-faceted, comprehensive health initiatives.

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LCIF will strengthen medical and social services, increasing global life expectancy of children living with cancer.

820 million+ people go to bed hungry each night. ▶



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- Access to food for 14 chronically hungry people
- Access to clean water for 14 people

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CANADA: Donate at lionsofcanadafundforlcif.ca -OR- mail checks, payable to Lions of Canada Fund for LCIF, to: Stan Durward | Box 38 | Sunderland, Ontario L0C 1H0 Canada

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Natural disasters strike anywhere, any time. And when they do, victims of fires, floods, and other devastation often benefit from funding from LCIF, facilitating rebuilding and healing one victim, one family, one community at a time. When Mexico was, quite literally, rattled by the worst earthquake in a century, and punished just days later by another angry quake, Lions took action, seeking support from our foundation. LCIF responded immediately with a US\$100,000 grant, which Lions used to distribute life-sustaining relief kits with food, water, clothing, blankets, and household items.

Many say the world's needs are too great. Lions step in and serve. Together with our foundation, we offer hope and impact lives. Campaign 100 will enable us to serve hundreds of millions of people here at home and continents afar.

Together, we can. Together, we will.



The healthiest town in Britain?

Keswick Lion's recent Diabetes Awareness week was a resounding success, with more than 200 local people trying out new sports and activities for the first time.

"We aimed to provide a range of activities, so that there would be something to suit everyone", said Lions President and event organiser, Diane Cannon.

One highlight was Will Houghton's introduction to using the exercise equipment in Fitz Park. One local resident said: "I walk past the equipment almost every day and I have always wondered how to use it safely. Now I have the confidence to use it and get the best out of it."

Members of Keswick Lions led groups of walkers each day on town walks of increasing distance, from one to five miles. Lion Stewart Blayney said: "Some people had set themselves the challenge of taking part in all of the walks, and they achieved it. A fantastic effort."

Other new sessions for this year included Netball Now, walking rugby and women's and girls' touch rugby – all of these sessions were so well attended and enjoyed, that regular weekly sessions were planned for the autumn.

PICTURED BELOW LEFT: Keswick walkers

PICTURED BELOW RIGHT: Exercise equipment in Keswick's Fitz Park



Community health is a shared concern

Easingwold District Lions club members have a long-term plan to ensure that Community Public Access Defibrillators (CPADs) are available for everyone in their area.

Easingwold is a market town of around 5,000 people and is at the centre of a rural community surrounded by farms and small villages. Many of these villages are off the main track and can be difficult to get to, often falling outside of the emergency ambulance response times.

Following a cardiac arrest, Cardio Pulmonary Resuscitation (CPR) and defibrillators can be lifesaving. Easingwold District Lions have already part funded a CPAD for the Market Square and another 15 CPADS in nearby villages. Their aim is not only to provide funding but also to inspire local people to take ownership and use the machines. In order to encourage this, they only pay up to half the cost

of the CPAD and public access cabinet, and the remainder of the cost has to be provided by parish councils etc.

The Club offers a familiarisation/ training session to the local people, which is guided by retired paramedic tutor, Lion John Sutherland. He said: "I know how important it is to give the public the confidence to open the box. No matter how many times you tell people that the machine does it all for

you, they don't believe it until they see it for themselves." To overcome the fear of opening the box they deliver demonstrations using a trainer CPAD and with the help of the British Heart Foundation they have acquired 10 resuscitation Manikins.

These training sessions also provide the opportunity to promote two other great Lions health awareness projects; Message in a Bottle and MedicAlert.



PICTURED: Easingwold District Lions are working to inspire CPR confidence



Calne did it!

At the Bike Meet in Calne in July 2018, Lion Phil Viles came across the Freewheelers Blood Bike stall and learned that they were volunteers who filled the gap when the NHS blood bikes do not provide a service, to deliver blood plasma, breast milk, prescriptions, x-rays and samples, 365 days a year.

So with the Club's approval, the seed was sown to raise enough money to buy them a new bike.

On 6th August 2019 the bike arrived. President Phil Viles and all the members of Calne Lions can't thank the people of Calne enough for their generosity. Cllr Robert Merrick, Calne Town Mayor, said:

"The Lions have raised over £16,000 to fund this blood bike which is amazing. They need to be commended for this great achievement."

Freewheelers, Matt Goodall, said: "The gift of a new bike is just amazing. It will

help us continue to provide a regular reliable service and keep more of our bikes out on the road."

PICTURED: Calne Lions raised the money to buy this new blood bike



From Darwen to Ghana: How local doctor's charity changes communities



PICTURED: Dr Barrett's team set up mobile medical clinics, community health worker training and launched a Global Brigades water project, with the support of LCI

Lion Liam Barrett, Darwen based doctor and director of the UK branch of the Global Brigades charity, has been helping to empower communities in Ghana. He has introduced Lions Lifeskills resources there, helped by £10,000 raised by 105M Lions.

With the aim of addressing health and economic needs of communities in Ghana, Honduras, Nicaragua and Panama, Global Brigades is the largest student-led movement for global health.

Liam led the first UK healthcare professional medical Global Brigade project to Ghana.

Spread across eight days of volunteering, the team set up mobile medical clinics, community health worker training and launched a Global Brigades water project, with LCI.

Over the coming months, there are plans to build four stand pipes and a distribution system to provide the communities of Immuna with clean drinking water, with the support of LCI.

Dialysis safety

The Lions Club of Paignton have recently donated 150 silicone bands to the dialysis unit in Torquay. Patients who have chronic renal disease attend the unit three times a week, every week, unless they are fortunate enough to receive a transplant.

Most dialysis patients either have a graft or an arteriovenous fistula created in their arm to enable dialysis and blood pressure or blood tests must not be taken from this arm.

The silicone bands are bright yellow with red lettering and are worn on the arm that must not be used for blood pressure and blood tests.

The bands cost less than £1 each and do not incur VAT if a charity number is given at the time of ordering as they are for medical reasons.



PICTURED: Warning bands for dialysis patients



If any other Club is in interested in buying these for their local dialysis centre then please email Lion Val Clayton at: valclayton51@btinternet.com



Portishead Lions install 25th defibrillator

Five years ago, Portishead Lions Club planned to install defibrillators between Abbots Leigh and Weston in Gordano. On 5th September this year, they celebrated the installation of their 25th public access defibrillator at the Methodist Church in Queens Road, Redcliffe Bay. The Church donated £1,000 towards the unit with the remainder coming from the Lions club.

To date, the Lions have raised more than £70,000 towards the project, they have paid for another unit at St Georges Hall, Easton in Gordano which is about to be installed, and they will be installing two more to complete the project; one at Portbury Primary School and one at Clapton in Gordano. Fundraising for these two units is now in progress.

About 14 months ago, the Lions Club started to look for 300 people to donate £10 per annum on a

standing order to provide for ongoing maintenance of the units and to date, 180 people have signed up.

Project Coordinator, Lion Andrew Hill, thanks the public and many companies that have supported this project, including several local electricians who have installed the units free of charge, saving the Club more than £6,000. He

would also like to thank all the units' guardians who inspect the defibrillators and cabinets every two weeks.

If you would like a standing order form or make a one-off donation to this project, please contact Lion Andrew Hill on **01275 818200**.



PICTURED: Portishead Lions and members of Redcliffe Bay Methodist Church

Clubbing together to fund cataract screening and surgery camp in Nepal



According to The World Health Organization, an estimated 39 million people worldwide are blind. Of these, around 90 percent live in low income areas, and 80 percent suffer from conditions that can be cured.

The Lions Club of East Dharan in Nepal works tirelessly to organise cataract screening and surgery camps, and for under £25, someone's eyesight can be restored with a simple operation. The most recent camp was run in September 2019 in the rural area of Rautahat, and provided sight saving surgery for 113 people.

A number of Lions clubs around the world help the Dharan club by making fairly modest donations. Over the past 12 months, Rutland Lions, with contributions from Nottingham West Lions, Edwinstowe & Dukeries Lions and Rothley & Soar Valley Lions have raised £2,500 to fund this latest camp.

One significant donation was made by Kit and Judy Swinfen from Greetham after they read a recent 'Rutland Times' article about a previous camp. At 86, Kit had just had cataracts repaired in both eyes on the NHS, enabling him to see as well as he could in his teens. He was immensely grateful, and felt the least he could do for people in the same situation as himself in Nepal was to make a donation, supporting Lions' efforts.

If you would like to learn more about this project, email Lion Keith Primarolo at: secretary@rutlandlions.org or call **0345 8334319**.



PICTURED: These photographs show the most recent surgery camp in Nepal



Lions seen at Royal Cornwall Show

Cornwall Lions Clubs provided an invaluable service at this year's Royal Cornwall Show, by offering visitors a simple test to see if they may be at increased risk of diabetes.

Despite atrocious weather, qualified nurses and paramedics gave their expertise free of any charge to help the Lions test the blood/sugar levels of almost 1,300 individuals. As a result, more than 80 people were advised to arrange a check-up with their GP to see whether they would need to receive any further medical attention.

The three-day event was supported by Lloyds Pharmacy, who provided all the medical equipment free of charge. Local businesses sponsored other associated costs.



PICTURED: Simple test to screen for diabetes

Worcestershire Lions and Worcestershire Young Farmers Clubs join forces



PICTURED: Worcestershire Lions helped to arrange diabetes testing at the Worcestershire Young Farmers County Rally

Worcestershire Lions (Bromsgrove, Droitwich, Kidderminster & District, Malvern, Redditch and Worcester Lions Clubs) worked on a joint project with Worcestershire Young Farmers Clubs in May, for diabetes testing at the Worcestershire Young Farmers County Rally. Some 85 people were tested and 13 were referred to their GP.

Lions held a competition amongst the eight Young Farmers Clubs, to see which club could collect the most pairs of glasses for recycling. Wythall Young Farmers won the Lions Clubs of Worcestershire Challenge trophy for collecting more than 700 pairs.

Lions also supplied food and hygiene certificate holders to run the BBQ, so in one day, they covered four of the five International pillars, Diabetes, Environment, Hunger Relief and Vision.

STRENGTHENING LINKS

A new opportunity for Young Farmers Clubs and Young Farmers County Federations to work together with Lions Clubs on community service and fundraising events has been developed. Lions Clubs who wish to get advice on links with Young Farmers Clubs should contact their district membership officer. See details on page 21.

Coventry Leofric Lions health screening

Coventry Leofric Lions partnered with Silver Star Diabetic Testing to run an information and awareness stall at their summer event. As well as engaging with hundreds of members of the community they encouraged people to get tested for Type 2 diabetes.

During the day they screened 51 adults and identified seven people who were at 'very high risk' and needed to see their GP as a priority. They found 11 people at 'high risk', 27 at 'medium risk' and six people at 'low risk'. All of them were given advice and guidance on changes to diet and exercise regimes and signposted to local NHS health services.

Alongside diabetes screening, they measured people's blood glucose level, 12 of those tested had higher than the acceptable levels so were advised to see their GP urgently.

It was a great service activity that has made a real difference to people's lives in Coventry.



PICTURED: (L-R) Council Chairman, Lion Stewart Sherman-Kahn and Diabetic Officer, Lion Karam Bharij, at the Coventry Leofric Lions summer event



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Our remarkable Young Ambassadors

Cath Kendall, MD105 Young Ambassador Chair, reports on the Young Ambassador competition that took place at Europa Forum 2019, in Tallinn, Estonia.

Another Europa Forum has come and gone and with it, another Young Ambassador Bert Mason Award has been decided.

The competition was between nine young people from across Europe including the British Isles, Ireland, Belgium, Turkey, The Netherlands, Italy, Germany, Romania and the Republic of Moldova. Each Young Ambassador had developed projects in their own countries, some were large, others local to their own communities, but every project was making a difference to the people involved.

The competition took place over three days. On Friday 4th October an introduction was given to the audience of what Young Ambassador was about and who could be involved.

Interviews took place on Saturday 5th October when three non-Lion judges interviewed each candidate for about 40 minutes. The lead judge was from Switzerland plus two local judges from Estonia.

On Sunday 6th October all the candidates presented their projects to a packed room – standing room only by the end – then the lead judge, Fabrice D'Agostino, announced the winners in reverse order.

WINNING YOUNG AMBASSADORS

Third prize of €750 went to Jesse Mulder from The Netherlands. He is a cancer survivor and wanted to provide children diagnosed with cancer something to help them and their parents through their treatment. He recycles phones then sells them to raise money to buy the items he needs for the children. He has currently 35,000 phones he can trade in and he is working towards his goal of 50,000.

Second prize of €1,250 went to our very own Siena Castellon, who is sponsored by Fairlop Lions Club. Her project was to widen people's understanding of neurodiversity within the community and especially at school, to celebrate it as a gift and not see it as a problem. In March 2020, Siena's book, 'The Spectrum Girl's Survival Guide: how to be awesome and autistic' will be published. It aims to help teenage girls going through the issues that Siena has had to face.

First prize of €3,000 went to Alexia Marza from Romania, an aspiring oncologist who is working with young people with cancer. She wants to help them overcome issues that sometimes come with treatment, such as depression.



PICTURED: Siena with her certificate

As the judges all said, it was very difficult to pick out any one Young Ambassador from this year's selection, and all were very worthy national winners.

All the winners received their large cheques on stage in the Alexela Concert Hall during the closing ceremony, Siena tweeted about this as soon as the ceremony ended, and after all, she has over 4,600 followers! She is a remarkable Young Ambassador who, I am sure, we will hear more from in the future.

Next February, Siena will be returning to Dudley, West Midlands to support the next batch of Young Ambassadors, who will be trying to emulate her success.

My thanks go to CC Stewart Sherman-Kahn and the MD105 crew who travelled Tallinn to support this event. Your support was very much appreciated by Siena and myself and I hope this support continues for many years to come.

If you want your Club to be involved, please do not hesitate to contact me on cathkendall@lionsclubs.co.uk or your District Young Ambassador Officer.



PICTURED: (L-R) Young Ambassadors: Siena Castellon, Alexia Marza and Jesse Mulder



Romford Lions provide ceremonial uniform for London fire cadets

The London fire cadets are recruited locally from 14 to 17-year olds, who are prepared to give up one night a week for training, with additional days for displays and drills. The demand to become a Fire Cadet is so great that a limit of one year service has been implemented. Each one leaves with a BTEC in Public Service and an important addition to their CV. Some have returned as instructors, sought promotion within the cadet scheme or have become fire officers. Whatever the future holds for them, they would have left with one important life skill – comradery.

As with all recognised services, the fire cadets took part in many ceremonies within London, The Lord Mayors Parade for example. Unlike the other services the Fire Cadets did not have a ceremonial uniform. When approached

for funding, Romford Lions readily agreed to donate £3,125, the total cost to equip the ceremonial team.

As with all groups there is always a banner and in gratitude for our donation they have included us on it so that

Romford Lions Club will be with them at the head of any parade they attend.

Romford Lions are now considered part of their extended family and are warmly welcomed to any of the events they hold.



PICTURED : Four of the cadets at a recent Westminster civic service



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Youth exchange 2019

Three young people from Germany, Indonesia and Norway received a warm reception from District 105A. Club members showed their big hearts by having them to stay in their homes and inviting them for lunch and dinner.

They were shown the sights of London, including Windsor Castle, cruising on the Thames, visits to museums and exhibitions and a trip to Warner Bros studio. Let's not overlook the pub visits and the night life in London, but importantly, they took part in a service activity to feed some of the homeless people living in Central London.

Their farewell dinner provided an opportunity to thank the host families and the clubs involved in this programme.

Everyone had a good time, especially as the young people gave a presentation on their home country, their reason for taking

part in the youth exchange programme and their experience and how they thought it had benefited them.

Overall, the success of this programme was measured by the good memories that the young people will take home.



PICTURED: Enjoying the London nightlife

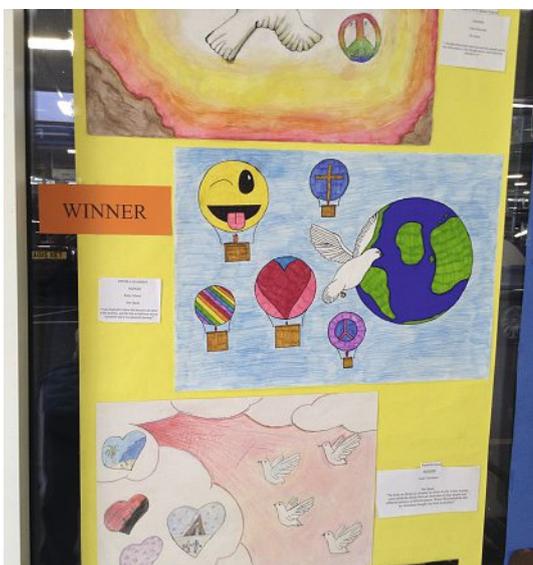


PICTURED: Southam & District Lions Young Leaders in the Community

Southam & District Lions Young Leaders in the Community Service Awards

Southam Mayor, Councillor Mike Brooks, presented the Southam & District Lions Young Leaders in Community Service Awards to three local young people; Taylor Hawkins; Erin Powell and Ishbel Kempton.

Each received a framed certificate, enamel lapel badge, letter of appreciation and a cheque. This is in recognition of providing at least 60-100 hours of community service in the past 12 months.



Wisbech pupils in peace poster competition

Ruby Gibson of Upwell Academy has won this year's Wisbech Lions peace poster competition, so her school was awarded the club's friendship trophy to keep for the next year.

This year's theme for the poster was 'Journey of Peace' and Wisbech Lions President, Marilyn Batrick, has run the local competition for some years, along with local artist, Andrea Taylor, and Rachel Symonds on behalf of Tesco, and they were all impressed by the creativity of the students who entered from 11 schools.

Ruby's poster, together with the other 10 winning entries from other local schools, will advance to face stiff competition in the next stages.

PICTURED: Ruby's winning poster



Rediscovering Westbury's lost Quakers

The car park of a legal practice may seem an unusual place to find a Quaker burial ground, but in Westbury, this was the incongruous setting for an important piece of town history and the launch of a unique community project.

Over the years the narrow strip of land containing the burials had become abandoned, overgrown and piled high with rubble. The only clue to its former use was a strangely shaped stone grave marker, half buried in the debris.

But this year, the graveyard underwent a remarkable transformation thanks to the hard work of the newly formed Leos who adopted the project as their own and gathered support from across the local community.

Their efforts won huge support from the community with volunteers, funding from Wiltshire Council, Westbury Town Council and the Lions as well as support from local businesses. Quakers from Devizes and Trowbridge were also involved.

Nigel Coward, President of Westbury Lions, said: "When we started we had no idea beyond our small band of club volunteers, who would be able to help the Leos, but in a short space of time, residents from all across the town were offering skills and resources and showing genuine interest in the children's progress.

"This has been a truly engaging Lions community project and has clearly demonstrated how a local history item can stimulate engagement".

Archaeologist, Julian Richards, was invited to provide professional supervision of the clearance work and so, with the Westbury Leos providing the labour force, work began in February 2018. Solicitors Pinniger Finch allowed access and the use of their carpark for skips and materials.

As soon as digging started it became obvious that the graveyard was buried far deeper than was initially thought, hidden under accumulated soil from years of vegetation, mixed with bottles, cans and building debris. It was clearly going to be a much bigger project than had been anticipated.

AMAZING DISCOVERY

Very soon the Leos made an amazing discovery a few metres away from the original stone marker. They unearthed a huge slab of stone, inlaid with a beautifully carved panel of white marble and inscribed with the names of John Matravers, who died in 1765, and of his wife, Susannah, who had died in 1753. The Matravers family had been mill owners in Westbury and prominent Quakers of their time and left many bequests of money for the local community. Visiting Quakers, who took a great interest in the work as it progressed, told the team that it was unusual for a Quaker to mark their grave in such an elaborate way.

For the Leos, the Matravers link proved a particularly special discovery as one of the first free schools in Westbury had been started with a £1,000 donation from that family in 1814. Today, the school they attend still bears the name of the family.

Leos' President, Phoebe Strout, said: "It has been a pleasure to work with different people and groups in the community. It has brought all ages together, with members from Westbury Shed, Lions and Leos as well as local historians and representatives from the local Quaker group.

"A huge thank you to all who supported us, especially Julian Richards. And as Matravers pupils, we are leaving a legacy for future generations."

Research carried out into the burial records by historian Sally Hendry showed that this small graveyard had been in use for just under a century, with the final burial taking place in 1814. There were another 15 unmarked burials in addition to the marked graves, all belonging to members of the Matravers family and their near relations.

As the work progressed over the course of several Saturdays, a field kitchen appeared, manned by the Lions, to refresh workers and visitors with bacon rolls, doughnuts and hot drinks.

Eventually seven skips of soil and debris had been taken away and the graveyard was down to its original level, complete with the remains of an original brick-edged path, another Leos' discovery. Westbury resident John Fryer, who is a member of the Westbury Shed community group, was one of the key people involved in the project.

John, who could remember seeing the burial ground as a small child, marked out the line of the path with specially purchased bricks and built a new brick wall to mark the edge of the site creating better access. During his work John also discovered what appeared to be the original entrance to the ground.

A raised flower bed was created at one end of the burial ground and finally, in January 2019, the site was neatened up with 10 tons of gravel – all barrowed in and laid by hand. Much as everyone would have loved to leave the Matravers gravestone on view, frost and rain would have caused it to deteriorate and so it was carefully protected and covered over. As there is no longer a Quaker meeting house in Westbury, Devizes Quakers with their north east Somerset members have commissioned a special plaque which will commemorate the importance of this site and the effort that went into its restoration.





Coventry Leofric Lions supports local youth project

Coventry Leofric Lions are very proud to support a new youth club in Coventry called Fridays.

This weekly Youth Club enables young people in Coventry between the ages of 15 and 17, to have an enjoyable and safe environment to take part in various activities. These include performing music, accessing life skills to build confidence, mentoring, job matching and socialising, while helping them stay away from negative influences such as antisocial behaviour.

The Lions' donation will enable Fridays to buy some much needed equipment to improve the facilities offered to their service users.



Go Kids Go

Weston-super-Mare Lions Club manages the 'Go Kids Go' initiative to encourage children and young people to adopt a more active lifestyle.

With support from the local business community, the project was conceived in 2012, as there was concern that children were spending more and more time on their phones, computers and tablets. The freedom to enjoy more casual groupings on streets and in parks etc is often no longer an option and youngsters must now, more usually, join clubs.

Throughout the course of the initiative, it has become more evident that, not only are youngsters not taking enough physical exercise, but they are increasingly alone, becoming lonely and failing to develop the inter-personal skills to enable them to interact with society and become better citizens.

Weston-super-Mare Lions thought about how they could help. It was clear that they could not directly, because they do not have the contacts, qualifications or the expertise to influence the target

groups, but they knew that they were very good at raising money, so pledged to raise money to support those clubs and organisations which, in turn help and encourage youngsters to engage in activities in teams and with each other.

They approached local businesses to help and they, in turn, saw the benefits of this project. And since 2012, the club has raised around £10,000 to £12,000 each year.

AWARDING FUNDS

Weston-super-Mare Lions asks other clubs and organisations that help to promote activity and social interaction in the young to apply to them for a grant to further their work.

This appeal generally attracts between 40 and 60 applications and a judging panel, drawn from sponsors, decides on the relative merits of each application and awards a grant.

Rather than just send a cheque they ask the groups to attend a presentation where the cheques are given (the amounts are not given out publicly). In this way the groups get to know one another, the project gets good publicity and it's a lovely occasion.



PICTURED: Active kids, helped by Weston-super-Mare Lions



Minibus makes students proud

Farnborough Lions, with Lions Clubs of Aldershot, Fleet, Yateley & District, Hart with Hook and Odiham, clubbed together to buy a minibus for the Foundation and Entry Level department at Farnborough College of Technology.

The college offers courses for those with additional learning needs, learning difficulties and/or disabilities. The project was initiated by Debbie, a parent of a student on that course, who recognised that a dedicated vehicle would be of great benefit. She contacted Farnborough Lions Club for their support while also raising funds herself.

Programme Manager at Farnborough College Foundation Studies Department, Liz Wilson, said: "The curriculum

in Foundation Learning is structured around preparing young people for adulthood. It involves accessing the local community as much as possible to develop independence and employability skills. It has been great working with the Lions and having the minibus will make a big difference to the students."

Ray Bentley of Farnborough Lions said: "When we received this request [from Debbie] we contacted the Lions clubs in our Zone who were only too pleased to help with the funding. We are extremely grateful for their support."

This is a great example of how Lions clubs benefit from working closely with other clubs and local charities to achieve great things.



PICTURED: Students (and their parents) at Farnborough College of Technology celebrating the arrival of a minibus

Youth Exchange 1988

When the Ironbridge & Severn Gorge Lions Community Chair was visiting one of the local community centres recently he had no idea what he was to uncover.

He met with Terry Yarnell, the business manager of the Sutton Hill Community Trust and found the activity there impressive and the plans that Terry has for supporting the community, inspiring.

Terry told the story of an event that took place 31 years ago which had, by his own admission, changed his life.

That event was in June 1988 when Ironbridge and Severn Gorge Lions sponsored Terry to go to the USA on the Youth Exchange programme.

Now, 31 years later, and with the aid of photographs taken at the time, Terry gave members a fascinating overview of the trip, including the places he visited, the people he met and the activities in which he had been involved.

It was clear that the exchange had been an experience that had helped to shape both his outlook on life and his view on what he wanted to do with his life – in particular, it emphasised the importance of community. It helped to clarify his academic and career preferences, and the work he now does in the Sutton Hill community can be traced back directly to the decisions which he took when he came back from the US.

Terry wanted to thank the Lions of 1988 for their kind sponsorship which had such a positive dramatic effect on his life.



PICTURED: President John Marsh and Terry Yarnell



Grange Lions helping the community

Members of Grange over Sands & District Lions Club joined the Ark & Cartmel Station Adoption Group (the Friends of Ark Station), employees of Network Rail, Direct Rail Services, Northern Rail and their contractors and community rail groups to carry out works at the station in June.

The weather was wet for most of the day but that didn't prevent more than 30 people getting stuck in to the removal of soil and weeds that had accumulated over several years on both sides of the roadway leading to the station, strimming and clearing undergrowth and putting down a weed inhibiting membrane.



PICTURED: Volunteers sprucing up Ark Station

Fleetwood and Cleveleys Lions Club Chernobyl visit

Members of Fleetwood and Cleveleys Lions Club met children from Chernobyl for their annual visit. The children were given tickets for Merlin's Attractions in Blackpool which allowed them to visit Blackpool Circus and many other events.

They were also given tickets to the Sandcastle Water Park where they all enjoyed all the slides and water splashes.

Lions are truly grateful to Merlin and the Sandcastle for their support over the past 15 years.



PICTURED: Children from Chernobyl in Blackpool

Resourceful Worthing Lions



PICTURED: Worthing Lions with donations for Sussex Aid for Refugees

Worthing Lions Club had collected toys and children's and adults' clothes for Belarus, but when they found out that there would be no shipment this year, they looked for another Charity to donate everything to.

They contacted Sussex Aid for Refugees who were delighted to accept the goods which are now being shipped to refugee camps in Greece.



PICTURED: A rose between 12 thorns

Congratulations and best wishes to the happy couple!

Lion Martin Harper (seated front left) and Lion Debra Ashlyn-West both of Tickhill & District Lions Club were married on 21st September 2019. The guests included the current president and 10 past presidents of the club.



Classic car tour

Tonbridge Lions Club organised its sixth Classic Car Tour in July.

Alex Town, MD of one of the sponsors, started the 53 entrants at Tonbridge Castle. The cars then travelled through the Kent countryside for lunch at Oakwood House in Maidstone before returning to Tonbridge Castle for a cream tea in the grounds.

Among the oldest cars were a 1934 MG PA, a 1934 Talbot AV105 and a 1934 Lagonda 16/80.

Chairman of the Committee, Lion Mike Edwards, said: "This was the sixth year we have held the event and a lot of entrants from previous years joined us again. It was a great day and we plan to hold again next year."



PICTURED: Alex Town with Geoff Coad in his 1981 Panther Lima

Thanks for reminding me

Tavistock Carnival Week, organised by the Lions Club of Tavistock, coincided with a visit to the town by His Royal Highness the Prince of Wales and the Duchess of Cornwall to see the Community Festival of Food and Crafts.

While in Tavistock, the royal couple visited the newly refurbished Butcher's Hall, which featured displays by local organisations including the Lions Club. The Duke and Duchess were accompanied on their tour of the Hall by Tony Welsh and Lyn Roberts, the President and Vice President of the club.

During their visit to the club's display, Lions told them that the Countess of Wessex is our patron and a member of the Wokingham Club. They also advised them of the late Queen Mother's association with the formation of the first club in London in 1950 with her equerry, Lord Leconfield, as President. The Prince said: "Thanks for reminding me!"



PICTURED: Tavistock Lions president, Tony Welsh with His Royal Highness the Prince of Wales
(Image courtesy of James Bird, Tavistock Times Gazette)

Lions at Harewood House coffee shop



PICTURED: (L-R) Councillor Terri Beer, Val Clarke, Jill Owen, Jeff Horgan, Colin and Sue Stideford

Members of the Lions Club of Plymouth regularly provide a service to the community of Plympton by manning the coffee shop in the foyer of Harewood House, preparing and serving tea, coffee, sandwiches and cakes for the local residents who visit.

On a recent occasion the Lions were surprised to be visited in the kitchen by Plymouth Councillor Terri Beer, who wished the Lions well with their good work.

Scarecrows and beer

At Dyke Village Annual Scarecrow and Beer Festival held over a weekend in September, Bourne Lions' entry based on The Wizard of Oz, incorporating the characters of the Tin Man, Dorothy, Toto, Cowardly Lion and Scarecrow won second prize.

During the event, Bourne Lions raised more than £570 for their charity account from their tombola stall.



PICTURED: (L-R) Bourne Lions Chris Chudley, Margaret Lack, Jake Jacobs, Jon Chudley and Jill Collar



Singapore pin

The Singapore pin is available from the Pin Trading Club and costs £1.50.

For more information, email Lion John Jones at jmjones40@hotmail.com



Coventry Leofric Lion, Melanie wins Good Citizen Award

Melanie Griffin, a Coventry Leofric Lion, has been awarded the Coventry Good Citizen Award by the Lord Mayor of Coventry.

Coventry City Council recognised the work that Melanie does to increase awareness of youth suicide. She works tirelessly in the field of suicide prevention and engages with the young people of Coventry to signpost them to support where needed.

Melanie has spoken at many clubs in the past 18 months to highlight how we can support her work in reducing the suicide rate amongst young people.



Kettering & District Lions Community Grant Scheme



PICTURED: The delighted 23rd Kettering (Clover Hill) Scout Group

Kettering & District Lions recently held their annual Community Grant Scheme awards presentation evening.

They had record number of applications, so the Lions Service Team had a difficult job to choose the successful recipients.

At the presentation, Lions enjoyed hearing more details from each of the

six organisations that were awarded £500 each about what they planned to spend the money on.

The successful applications were: Action for Asperger's, 23rd Kettering (Clover Hill) Scout Group, C2C Social, Kettering Amateur Swimming Club, Accommodation Concern and Kettering & District Stroke Group.

UK Heart Safe Awards 2019

Lion Keith Wellington and his wife, Rose, represented Truro Lions at the UK Heart Safe Awards 2019 in Manchester recently.

They accepted the 'Not for Profit' award that was presented by Brendan Mahood of Stryker Medical.

The citation stated: *'To Lions Club of Truro for their outstanding contribution*

to heart safe environments and their amazing achievements to date.'

Lion Keith has organised the installation of 55 defibrillators in and around Truro over the past few years.

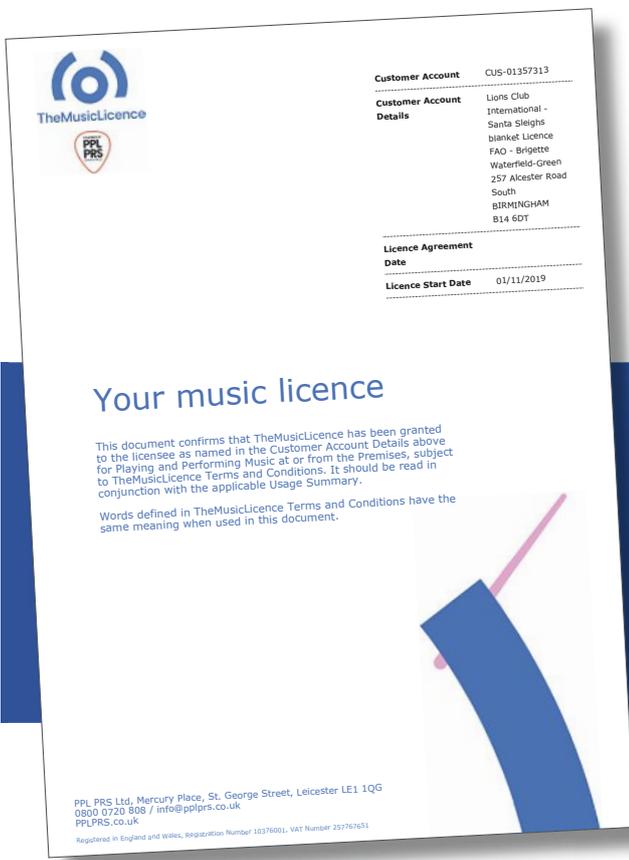
PICTURED: Truro Lions were honoured at the UK Heart Safe Awards



Long and loyal service to Swaffham & District Lions

Simon Fowler, founder member of Swaffham Lions, received a certificate in recognition of his 35 years' service to the Club. Simon has been chair of various committees as well as president.

PICTURED: (L-R) President John Collins and Lion Simon Fowler



Music licence

The PPL PRS charity and community discount scheme has granted a music licence to Lions Clubs of the British Isles for playing and performing copyright music this Christmas. The licence applies only in respect of playing music from Santa Sleighs. For further information and a copy of the music licence see:

<https://lionsclubs.co/MemberArea/public-performance-licences/>

LETTERS TO THE EDITOR



HART LIONS STOPPED THE WORLD

What a fabulous time was had when eight Hart Lions and their partners headed off to Milan for the Lions International Convention.

We loved Milan and the city was infused with a party atmosphere.

Apart from the lovely food and great company and maybe one or two Limoncellos, and I am talking bottles not glasses, our highlight was the international parade.

We wore our pink Lions polo shirts and topped the outfit off with our sparkly pink mini top hats and joined the crowds lining the route.

We cheered each country, we sang to all the nations, but we were overwhelmed by the number of fabulously dressed Lions who wanted their photos taken with us.

We literally stopped the world. Not only did we feature on the Lion's International film but we were also interviewed for Italian TV.

Marilyn Robson



PICTURED: Hart Lions in Milan



LETTERS TO THE EDITOR



PICTURED: The driver kindly took this photo of Roger and the Lions branding on his train

ALL ABOARD!

Hello fellow Lions and friends,

I was in Loughbrough railway station recently. I have travelled between Leicester and Loughborough many times by train over the last decade, but this evening, when walking towards the barrier and feeling a little weary, my eyes suddenly spotted the name on the engine.

It was our Lions centenary logo.

The driver was just leaving his cab, and told me it was put on by Leicester Lions Club a couple of years ago, in a three minute ceremony between the engine arriving in Leicester Station and leaving for St Pancras.

What wonderful advertising for our Lions movement.

Best wishes to all, Roger
Woking Lions Club

REFLECTIONS ON THE INTERNATIONAL CONVENTION IN MILAN

John Sutherland and his wife Denise together with John Savell and his wife, Linda, both attended the convention in Milan and the comments below reflect their individual experiences. Both trips were organised by Kumar Acharya of Citibond Travel.

For John and Denise it all started at the Basingstoke MD convention, where a casual conversation turned to the forthcoming international convention in Milan, as a result we decided to ask Kumar to provide an itinerary for attending the convention and a group holiday in the Italian Lakes to follow.

Five couples, four from NE and one couple from W, all met at Manchester Airport for our flight to Malpensa airport. At Malpensa we were met by Kumar with a private transfer the Ibis Centro, which was on the convention courtesy bus route, with no hassle getting to and from the convention centre.

Unbeknown, John and Linda had a similar conversation with Kumar at the 105A District convention, they did not stay at the MD105 convention hotel but stayed at the Ibis Centro, (on the courtesy bus route so no different from all other hotels apart from cost) where they met up with John and Denise and others in the party. Whilst the 105NE party flew from Manchester, John and Linda flew from Heathrow at a time to suit them, and a car to pick them up at Malpensa to the hotel which worked brilliantly. Everyone was in good company with Lions from 105A and 105NE as it was then, as well as Lions from Brazil, who add their own innate approach.

The convention was interesting; there was the usual scrabble to register – that is to be expected with 30,000 to 50,000 Lions, but that is part of the joy. After that though, the people of Milan and the volunteers were most welcoming and could not do enough.

Milan was a very interesting and welcoming city and despite some of the problems around day one the event was very enjoyable, all the group went their own way at times but met up to dine out at several locations, John and Denise together with John and Linda attended the Scandinavian reception and our own MD reception, which was very well organised, congratulations to Rod and the team for all their hard work to ensure our stay was so enjoyable.

Following the convention we set off on the next part of our arranged holiday and were seen off personally from the Ibis Centro via an arranged executive styled coach transfer to a hotel overlooking Lake Como where we had wonderful views of the lake an opportunity for some sightseeing and R and R, Before being transferred five days later back by coach to Malpensa airport for our return flight home. These five days were great and certainly made up for the disappointment of the convention, although Milan was well worth visiting and probably a second trip at some time, as with Lake Como, having said that, convention as usual is a good time to meet new friends and rekindle old acquaintances.

Lions John Sutherland and John Savell

LETTERS TO THE EDITOR



ALZHEIMER'S RESEARCH

Hello Nicky

I have been a member of the Camborne Redruth & District Lions Club in Cornwall for the past 43 years. During that period I have helped to raise £400,000 for local national and international charities. I also donate to Alzheimer's Research.

My wife, Janet, has mixed Alzheimer's disease and vascular dementia and is now living in a local care home. I am fortunate enough to be able to visit her daily. Until recently, she was living in a care home in Taunton, Somerset, because there were no suitable care home beds in Cornwall. That, unfortunately, is another distressing story.

She will not recover from this terrible disease because at present, there is no known cure.

I am fully convinced that Alzheimer's Research will eventually find a cure for dementia but like all research, it takes cash to fund the scientists

It's a simple equation; with more funding, scientists will be able to make breakthroughs faster to reduce the impact of dementia. Nearly a million people are living with dementia in the UK and it's rife throughout the world.

It would, in my opinion, be a wonderful and worthwhile new project for Lions worldwide to help find a cure for this disease.

Best wishes

Lion Alan Hampton

LCIF SIGHT FOR KIDS

Hi Nicky,

I thought I would write in respect of the excellent article by Jamie Konigsfeld regarding Sight for Kids (Autumn 2019 issue, page 48). At the 2017 Chicago International Convention we were informed about an app that helps raise funds for this worthy cause which I have used ever since and have now raised personally about \$1,500 at \$1 per mile.

Most of us have mobile phones and can therefore download the 'Charity Miles' app and then select 'Sight for Kids' from the list of available charities. Once done, all you need to do is activate the app each day and walk. As the app tends to drain your battery I usually only leave it on for a mile or two.

Regards
David McKirdy

WHAT DID SUE SAY?

Dear Nicky,

Please find attached a photo of a cheque presentation from the Dry Land Regatta, organised jointly by Bramley and Wickersley Lions and Rotherham Lions.

I know that the Yorkshire Air Ambulance are grateful that 12 months of preparation for our event will keep their helicopters in the air for a quarter of a day.

If you could find space in your fine publication for a terrible photo, with the Yorkshire Air Ambulance funding co-ordinator closing her eyes at the appropriate moment, I would be most grateful. Our President, Susan Drayson, is on the other end of the cheque and is quite used to seeing quotes attributed to her that have never come from her mouth, if you would like to add something suitable. Please feel free to use it as a case

study for the type of photos you do not want.

Yours, hoping to put a faint glimmer of a smile on your face...

Andrew Davies - Secretary
Bramley and Wickersley Lions

Editor's note: Well, what did Sue say? No prizes, just the glory of knowing you're very witty. The best caption will be revealed in our next issue.

Email your captions to:
nicky@warnersgroup.co.uk



PICTURED: Er...



Three million steps to brain injury recovery



Bungay Area Lions, Zara Dyer and Ian Brown have walked three million steps – from John O'Groats to Land's End to raise money to help people with brain injuries and their families.

Lions Zara Dyer and Ian Brown have just completed their *five-month* charity walk down the length of Great Britain. Their John O'Groats to Land's End (JOGLE) challenge is a well-known journey attempted by around 3,000 people each year, however, Lion Zara is recovering from a traumatic brain injury (TBI) and other life-changing injuries, and she had only re-learned to walk again 18 months before undertaking this challenge with her partner, Lion Ian.

This epic journey saw them battling all the elements through the challenging terrain of the Scottish Highlands, Grampian mountains, the Pennine Way, the Cotswold Way and eventually, parts of the South West Coast Path to end up at Land's End on 23rd September 2019.

ZARA'S STORY

Zara was 29 and working in the Caribbean when she suffered a freak seizure at the wheel of her car causing it to crash. This resulted in a TBI – six bleeds on her brain, paralysis and a broken neck.

After being airlifted to Miami and spending four weeks in an intensive rehabilitation centre, she was allowed to fly home to the UK. At the time, doctors didn't think that Zara would walk again, but with support from her family, self-belief and determination, Zara took her first independent steps about six months later.

Instead of continuing her rehabilitation by just walking around her local area again and again, Zara and Ian decided to take her recovery 'on the road'. Their aim was to raise awareness of brain injury recovery resulting from seizures, strokes, accidents and brain tumours, while also promoting Lions Clubs. They wanted to raise money for the specialised equipment needed by the UK neuro rehabilitation centres in order to help other brain injury survivors all through their love of walking.

ZARA THE LION

Zara grew up around the Lions organisation and often helped at fundraising events during her childhood with her Dad, Lion Peter Dyer. Ian and Zara were so grateful for the support they received from Lions after Zara's injury that it seemed only fitting that they should join their local Club to help promote the Lions family.

THE WALK

Having no experience of long-distance walking, the terrain (there are not many hills in Suffolk) or having a brain injury, the couple had to take every day as it came and needed to adapt routes and take rest days accordingly. After all, they were promoting 'recovery' and not trying to cause additional problems.

Ian had the mammoth task of adapting routes to ensure they could manage the terrain and distance and like most plans, he had to change them daily. So did the Lions Clubs along the way who also adapted their plans to help Ian and Zara along.

With the help and support of Lions Clubs and individuals within Clubs, they managed to walk 1,065 miles (just under three million steps each) with an extra 1.5 million steps completed by others joining the walk, including members from Whalley, Dursley, Truro and Penzance Lions Clubs.

They finished at Land's End on 23rd September 2019.

Just over £12,000 has been raised for brain injury recovery equipment and Zara and Ian say that the joy of meeting fellow Lions was priceless.

With all the other kinds of support given by Lions and others this challenge truly represents the many people involved with all types of recovery and rehabilitation. Special thanks must go to Lowestoft Lions Club, without their initial support, Zara wouldn't have been able to buy the equipment and clothing for this epic challenge. Thanks also go to 105CW Zone Chairman, Lion Trevor Jones, who, Zara says, truly did go well above and beyond.

FINALLY...

Zara said: "Once again, thank you (doesn't seem enough) to all Lions near and far, in person and via social media or telephone. Everyone's support has meant so much to us both and makes us proud to be Lions."

"As many of you know, there aren't any 'easy steps' to any sort of recovery, it's more like three million, which is a lot, but achievable when working together; don't give up with your brilliant Lions work."



For more details and images, or to donate, visit:
3millionsteps.org/lions-international/

**PICTURED:** The super seven on their way to \$100,000

Climbing Kilimanjaro

Lion Heidi Nathan was invited to join a group of all female Lions from different countries to climb Kilimanjaro to raise money for children in Africa. But was she brave enough to attempt the challenge? This is her report.

Initially I was so scared that I couldn't commit to the climb, but then, I didn't want to miss the opportunity so I accepted.

My training started by walking miles every day carrying a 7kg backpack. I did pilates and yoga, I swam and started leg weights in the gym. Every single day. I ate more to bulk up, putting on over a stone during the six months of training.

At International Convention in Milan, several members of the climbing team met for the first time, although we were all from different countries, luckily for me everyone spoke English, as my Russian, Polish and Swiss is sadly lacking!

I spent months slowly buying my kit, which had to fit in one bag and weigh no more than 15kg when full, this was a challenge and I packed, unpacked, cut back repacked and unpacked so many times that I lost track.

I travelled in my hiking boots. I'd been walking in them every day for months and they were comfortable. Airport security was fun having to undo them on each change of flights (and there were three), but I'd been warned that if my bag went missing on its journey I'd really suffer without my boots.

I met our team leader Inna from Italy and her cousin, Aksana, in Dar es

Salaam and we flew to Kilimanjaro. Gradually, all the team started to arrive and we enjoyed friendly hospitality from the local Lions.

ONWARDS AND UPWARDS...

On day one of our climb we arrived at Machine Gate at the southern base of the mountain. And so did the rain. We started our hike through the rainforest on a winding, muddy and slippery trail until we reached Machame Camp at 9,400ft.

On day two, we left the rainforest behind and headed across steep, rocky ridges arriving at Shira Camp at 12,500ft.

On day three, we set off across the Shira Plateau towards Lava Tower and Baranco Camp.

On day four, we tackled Baranco Wall, and a full day hiking to Barafu (15,000ft), the last camp before summit, I was dreading it when I saw it the night before and seriously doubted I could make the climb, but I dug in and loved it, even when we had to hug the 'kissing rock' and cling to it as we shuffled round it with a sheer drop below.

After dinner and a few short hours of trying to sleep in freezing temperatures, the very long and strenuous summit day began at 2am. We set out between the Rebmann and Ratzel glaciers, climbing on very slippery surfaces (one step up one slide down).

...AND DOWN AGAIN

The trek from camp to Stella Point is considered to be the most challenging portion of the trek and the mountain just beat me. I got to Stella Point at 18,600ft but I could not continue to Uhuru peak. Every breath was painful, my head hurt if I moved it in any direction and my vision was becoming distorted, so I made the decision to stop there rather than risk any further adverse health issues. The guides and

porters each looped an arm through mine and got me down quickly, the only way to deal with altitude sickness.

SO PROUD

The other team members reached the peak and took the Lions flag to the very top, but I feel proud of what I accomplished. Our goal was to climb the mountain and raise money to help children in Africa, and I certainly ticked both those boxes.

This money will go to a project at the Amrita Centre in Kenya. They need \$100,000 to build classrooms, an admin room and a toilet block. I have raised more than \$18,000 already but I would really like to reach \$20,000 so I am working on other ideas to raise this extra \$2,000 including a wing walk.

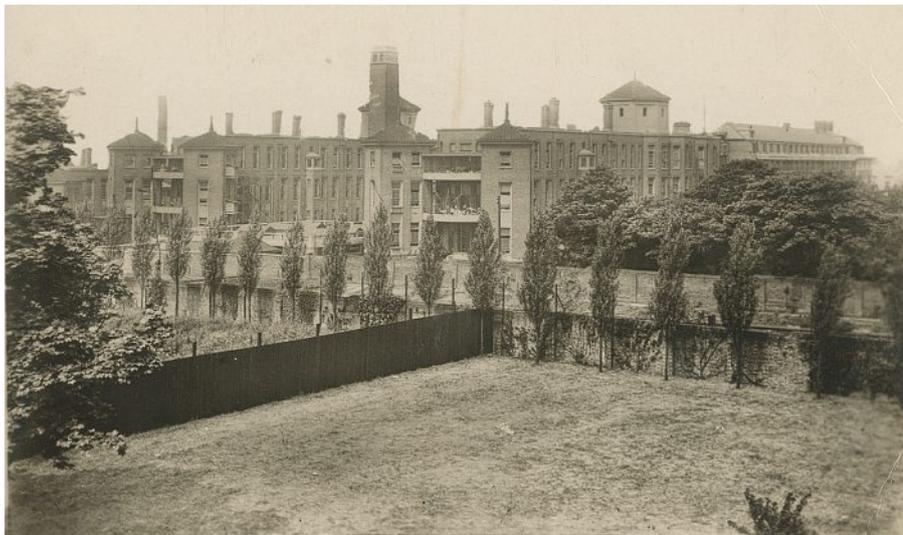
I would like to thank everyone who has supported me, without you, I could not have achieved this. We are producing a Lions Calendar for 2020 featuring photos from our adventure and all the money raised from it will be going to LCIF to support the project.

Please contact Heidi on:
heidisami@yahoo.co.uk
if you would like to donate.

**PICTURED:** Lion Heidi Nathan

LIBRA – The early days

The Lions International Blood Research Appeal (LIBRA) is a long-standing Lions appeal. For more than four decades LIBRA has secured vital funding for the haematology department at King's College Hospital, London (King's).



PICTURED: King's in its early days

In recent years, a dedicated team of LIBRA trustees from across Lions District 105SE have been working closely with Professor Ghulam Mufti, Head of Haematology at King's and Farzin Farzaneh, Professor of Molecular Medicine.

Professor Mufti said: "Without the ongoing support from LIBRA and Lions Clubs International, the haematology department simply wouldn't be what it is today. Funding from LIBRA has been instrumental in turning a once run-down facility into a world-renowned haematology department and research facility."

Professor Farzin added: "LIBRA's support for our haematology department here at King's has been phenomenal. It has allowed us to not only do things better, but has also enabled us to have technologies that allow us to research treatments that are now being used to benefit patients, not only at King's but also at other major centres."

LIONS' AND LIBRA HISTORY

Here, we take a look back at LIBRA's inception and how it became King's official haematology charity. We hear from Life President of LIBRA, Lion Colin

Vincent, who has been an active trustee since the registration of the charity in July 1978 and who served as chairman of the trustees from 1994 to 2008.

Lion Colin said: "During 1976, when he was the district governor of 105SE, Ian Scott Mackenzie made an official visit to Woolwich Lions Club. There he met Lion Dr Selhi, a lecturer in biochemistry in the department of haematology at King's College Hospital Medical School.

The department had premises spread between a very rundown Portakabin site in Dulwich and King's itself.

"Lion Dr Selhi told him of the research which was being undertaken by the department and also of the lack of facilities and equipment, which was impeding progress. The NHS funded staff salaries but had no money for anything else.

"District governor Mackenzie and Lion Colin Durham visited the sites and met Professor White, head of the department.

"They secured two articles under the headline, 'A Cry for Help' in the Lion magazine during 1976 and 1977 drawing attention to the needs of the department in the three main areas of research and treatment – leukaemia, haemophilia and sickle-cell disease.

"DG Mackenzie made an impassioned plea to the MD convention in Edinburgh, but although this was received with acclaim, it omitted the detail of a formal resolution. The following Council of Governors did not accept it as an MD project.

"PDG Mackenzie sought help from me when I was a young Lion and solicitor.



PICTURED: (L-R) Professor Joe White who was head of the haematology unit, Lion Colin Vincent and Dr Jim Sharp



PICTURED: Dr Jim Sharp

I drafted and presented a resolution to the 105SE convention in 1978.

"The resolution was carried, and the trust came into being on 1st July 1978. The first trustees approved by the then DG were Frank Baker, John Denny, Noel Rouse and me. Ian Scott Mackenzie became non-executive chairman.

"Earl Mountbatten, an honorary Lion, had agreed to be patron of the trust but sadly was murdered by the IRA before he could take office.

"After much discussion, the Duke of Westminster, also an honorary Lion, agreed to be patron with Countess Mountbatten as vice patron and Lord Marsh as chairman of the public appeals committee. The trustees received unstinting help from future



PICTURED: King George V visits King's



PICTURED: Life President of LIBRA, Lion Colin Vincent, receiving the International President's Award

DGs; Denis Gilchrist as treasurer, Colin Durham in charge of publicity and many others.

"The initial appeal totalled £400,000. By the autumn of 1979, clubs in 105SE had raised more than £30,000. In 1982, the MD convention voted to accept LIBRA as an official MD project for five years. In 1982 a grant of US\$30,000 was received from Lions Clubs International Foundation.

"Early in 1983 priorities changed. The medical school gave land, which it owned, and which was needed for the new development of King's, to the hospital in return for 4,900 square feet of the derelict accommodation in the hospital. This was converted into the Lions International and Earl Mountbatten Blood Research Laboratory. The refurbishment works were paid for by LIBRA."

CONTINUING SUPPORT

"The laboratory was officially opened by HRH Princess Anne in June 1984. It was a very proud moment for all Lions to hear the dean of the medical school say in his speech of welcome to the Princess that without the past support and help of Lions, the department of haematology at King's College Hospital would not exist."

Over many years, LIBRA has continued to help the King's haematology team which now has some 13 professors, making it the leading haematology research and treatment centre in the UK and Europe today.

Professor Farzaneh said: "It is without question, due to the support of Lions charitable donations, that we are able to

investigate new medicines and develop life-changing new therapies. Without such support, new medicines and cures would simply not be discovered."

GOING FOR GOLD CAMPAIGN

Today, LIBRA is focusing on its current Going for Gold campaign with the aim of raising £300,000 by 2024. Olympic athlete, Dame Kelly Holmes, is now the official ambassador for LIBRA and the new campaign as she is working to raise awareness of blood cancer.

LIBRA needs your support to raise these funds so that it can help to cover the cost of much needed equipment for a planned new King's Health Partners Haematology Institute, which will be located at King's College Hospital in London.

The equipment will be used to develop lifesaving therapies for blood cancer patients and those with blood disorders in the UK and overseas. It is hoped the new institute will be amongst the top 10 in the world.

At a LIBRA meeting during the summer, Trustees were delighted to welcome Lions Clubs International Director Geoff Leeder and his wife, Lion May. During the meeting, the international director presented past international director and life president of LIBRA, Lion Colin Vincent, with an International President's Award for his outstanding work within Lions, LIBRA, and the community at large.

Find out how you can support LIBRA and the Going for Gold Campaign at: www.libralionscharity.org



Every little helps!

Fairlop Lions Club presented £2,905 to Little Heath School to help them buy equipment for their sensory areas. Little Heath School is a special needs school for pupils aged 11 – 19 who have a wide range of learning difficulties and complex needs. Headmaster, James Brownlie, said: "Thank you Fairlop Lions Club for your warmth and generosity extended to Little Heath School.

"Your support has allowed us to develop our sensory rooms and install up-to-date equipment for all our pupils, especially those on the autistic spectrum.

"When the project is complete, we will invite you to see the benefits of your support."



PICTURED: (L-R) Lion President, Amarjit Soora and James Brownlie, headmaster at Little Heath School

Foxfield Railway fun day

After weeks of cold winds and heavy rain, Saturday 22nd June dawned bright and clear, much to the delight of the members of seven North Staffordshire Lions Clubs, who were hosting a fun day at Foxfield Railway, Blythe Bridge, for families of children with special needs from across the area.



PICTURED: Dandelion the clown at the Foxfield Railway fun day

This annual event, now in its 15th year, is supported by clubs in Cheadle, Gnosall and Newport, Leek and Biddulph, Newcastle under Lyme, Stoke on Trent, Stone and Uttoxeter.

Each Lions club had arranged a series of stalls with games and competitions for the children, including face painting, and there were several funfair rides, a miniature railway and birds of prey. There was an inspiring performance from the Inter Theatre Choir, Dandelion the clown entertained adults and children alike and there were visits from the Shropshire, Staffordshire and Cheshire Blood Bikes plus a Police support vehicle, which attracted lots of attention. An added bonus was a fly-past by the Red Arrows, which was totally unexpected and spectacular!

For most of the children, however, the climax of the day was a ride through the countryside on one of Foxfield Railway's beautifully restored steam engines.

The success of the day was probably best summed up by the comments of a parent who attended the fun day for the first time: "Superb day, such a privilege to be able to come and enjoy precious time out – that doesn't happen with our special ones very often."

Duck takes centre stage in The Deepings



PICTURED: The rarely seen giant Deeping duck

The Deepings Lions Club had a massive surprise in store this year for the crowds that attended the annual duck race and street fair in Deeping St James – a huge inflatable duck took centre stage on the bridge over the River Welland before nearly 3,000 yellow plastic ducks were released into the river. With sunny skies and a favourable wind, the ducks raced down the river in record time to the cheers of the crowds lining the banks of the river.

Lion President, Nicki Waldie, thanked everyone involved in making the day such a huge success in raising £3,000 for St Barnabas Hospice. Special thanks went to the Welland & Deepings Scout Canoe Club, who assisted with the safe passage of the ducks from the start line to the finish, and as a thank you to them, a cheque for £300 was presented at a Lions meeting.



Green-fingered Greenford Lions

Members of Greenford Lions Club went out with tools to clear a local community centre garden.

The group was led by Lion President, Bhasker Patel, and he said: "We thoroughly enjoyed our service activity during a Sunday afternoon."

« PICTURED: Gardening for the community

Mad Hatter's tea party

"Smashing afternoon." "Thoroughly enjoyable." "Made to feel very welcome." "Met new people." "A lot of work has gone into making it fun." "Wonderful decorations." "Thank you Kettering Lions for all your hard work."

These are just a few of the lovely comments that Kettering and District Lions received from very happy guests at their recent pensioners' Mad Hatter's tea party.

Organiser, Lion Bec Profit, said: 'This is the second year of running our themed pensioners' tea parties – they really get our guests involved and are lots of fun. Our guests came in all sorts of hats, and our President, Roy Burrows, had a very difficult time picking the winners.'

"The hall was wonderfully decorated with Alice in Wonderland themed items, and our guests were welcomed with white rabbit goodie bags, which included a Message in a Bottle.

Guests tucked into themed food, such as the Queen of Hearts 'coronation' chicken sandwiches, White Rabbit's carrot cake, rabbit crisps and the Queen of Hearts Jam Tarts.

"Our thanks go to Tesco's and Morrisons for providing gift vouchers that we bought tea party food with."



PICTURED: Hats off to Kettering and District Lions

Party time!



PICTURED: 50 years – and counting...

"So what are you doing to celebrate your 50th?" said the man from Isle of Man Newspapers. "Just you wait and see", replied the then Lion President, Roy Wilson, hastily calling a directors meeting to pose the same question!

The obvious answer was, "when you have a birthday, you have a party", so said Lion Peter Dunn, who was nominated to organise it.

The event was scheduled for Thursday, 12th September at the permanent marquee at the Wildlife Park – a proper place for a Lions party and their 50 guests from Live at Home and Southern Befrienders, who were invited for afternoon tea, catered by the ladies of Laxey Methodist Church.

During the afternoon, Wildlife Park staff brought in a selection of small animals (who were used to being touched) showing them to each table in turn. A Down Memory Lane quiz provided the ideal opportunity for the guests to get involved in some recollections of the old days and a bit of a sing-song.

The afternoon provided good PR for Lions on several fronts, but more importantly, the lives of many of the guests would have been enriched by new and rare experiences, as was made plain by many as they left.

Lion Peter said: "That's worth being a Lion for."



Toiletries for Shekinah Mission

Hilary Knight MBE runs the regular soup-run from the Shekinah Mission in Bath Street, Plymouth, and when she put out a request for male toiletries, the Lions Club of Plymouth responded.

Lion's Community Chair, Philip Greenwood, wasted no time, he bought the products on Hilary's list and supplied them straight away.

PICTURED RIGHT: Lion Phil Greenwood, Cllr Penberthy, Hilary Knight and soup-run volunteers at the Shekinah Mission >>



Portishead Lions support local food bank



PICTURED: Portishead Lions supporting the St Barnabas Centre

Suzanne Thorne of the St Barnabas Centre in Portishead asked Lions to help deliver food hampers from Pill to their centre in Portishead.

So Lions Roy Shaw, David Fitzpatrick, David Colston, Andrew Hill and Garry Bishop went to St Georges Hall, Pill, where volunteers at the Pill Food Bank had assembled more than 100 food hampers for needy families.

The hampers were taken to the St Barnabas Centre, where family support workers got the hampers ready for distribution.

Making memories

Swaffham Lions took a party of youngsters to the circus at Great Yarmouth, joining 250 other children from East Anglia, all paid for by the Lions. A great day started with lunch and entertainment at Yarmouth Racecourse, followed by a visit to the circus where they enjoyed a free ice cream. For many it was their first experience of a circus and a memory that will last a lifetime.



PICTURED: Off to the circus

Coventry Festival of Culture



The Lions Club of Coventry Godiva celebrated Coventry Festival of Culture in August and the image shows just a little glimpses of the day. The weather was not very good but it didn't dampen the spirit of people or the amazing atmosphere.



Tovertafel, the Magic Table launched at Rutland Care Village



PICTURED: Rutland Lions donated this Tovertafel Magic Table to Rutland Care Village

Rutland Lions helped residents and staff at the Rutland Care Village in Oakham, celebrate the launch of their Tovertafel Magic Table recently.

The £6,000 Magic Table for the dementia unit at the village, was donated by Rutland Lions, and was the brainchild of the immediate past president, Julie Rolland.

The Magic Table is an innovation from the Netherlands, and has been developed to help those in the mid to later stages of dementia to be more active and to create moments of happiness.

It consists of a series of interactive games that are projected from above onto a table. The light games encourage players around the table to reach out toward them with the lights subsequently responding to their hand and arm movements, allowing residents to play with light, which is a truly magical experience. Games are formulated with the intention of triggering a sense of reminiscence, and to stimulate social, cognitive and physical abilities.

Wisbech Lions help Meadowgate Academy

Meadowgate Academy caters for young people with special needs and Wisbech Lions pledged £1,000 towards the cost of their new bus. So in September, Lion President, Marilyn Batrick, with Lions Bill Batrick, Susan Bell, Eric Dalton and Alan Edmunds presented some of the young people with the cheque.

Lion Alan said: "As we approach our busiest fundraising time, it is good to highlight to local people the use we make of their donations."



PICTURED: Meadowgate Academy on the way to their new bus



PICTURED: Lions Charles Williams, Trevor Lloyd-Adams, Barbara Lomas, David Millington, John Barlow and Tina Hillyard

Life support skills

Shakespeare Lions have trained more than 1,000 Stratford upon Avon school leavers in life support skills since 2016. Training has included the safe assessment of a collapsed individual, CPR, the use of a defibrillator, the recovery position and the treatment of choking.

After Lion Team Leader, John Barlow, and all volunteers were trained to deliver life support skills, they worked in association with Stratford Ambulance Association, Stratford Municipal Charities and several enthusiastic teachers.

These skills will give pupils the confidence to treat emergencies, particularly those arising from a sudden cardiac arrest (SCA). In Scandinavia, where life support skills are compulsorily taught at school, recovery from SCA is three times greater than it is in the UK and plans are already in place to train more local pupils in the new academic year.



Remembering Lion John

Lechlade and District Lions Club held their second open water race and swimming challenge at the Bowmoor Sailing Club last August. This year's event was particularly special as the entrants to the 5km race were competing for the John Sheffield Memorial Trophy in memory of a truly great and missed member of the Lions Club, who died earlier in the year. His wife, Mary, presented the trophies to the winners and awarded a medal to every swimmer.



PICTURED: Competitors in the Lechlade and District Lions Club open water race and swimming challenge

Including entry fees and sponsorship, more than £3,500 was raised to be shared between the Wiltshire Air Ambulance and the Lechlade and District Lions Charity Account.



PICTURED: Prize giving after the Llandudno Lions' golf competition

Golfing to fund screening event

The Lions Club of Llandudno held a golf competition in August to raise money for the Club's next prostate cancer screening event in April 2020.

More than 40 golfers took part in a pairs better-ball competition on a near perfect sunny day at North Wales Golf Club. Holes and prizes were sponsored many local businesses.



Smart team shirts

Okehampton and District Lions Club has sponsored the shirts of the Okehampton Argyle Youth under 13 football team for the 2019/2020 season.

PICTURED: Okehampton Argyle Youth under 13 football team pose with Lions Club President, Alan Cranleigh, before playing a league match

Tonbridge Lions help the Tigers

Second Vice President of Tonbridge Lions Club, Richard Hill, presented £500 to Chris Rogers, Director of Tigers Gymnastic Centre and team coach. The donation will help with the expenses of five club gymnasts who were selected to represent Great Britain in the European Championships for Acrobatic Gymnastics in Israel last October.

The gymnasts train about 20 hours a week, before and after school. They have all won medals at the British Championships in Liverpool before their successful trials for the GB Team.



PICTURED: After the presentation, the team demonstrated some of their acrobatic gymnastic moves



PICTURED: The victorious Team Jefferies

Build it big!

On Sunday 18th August 2019 Camborne Redruth Lions staged the 40th Tide Race on Portreath Beach. As usual, the children built closest to the tide, then the teenagers and, lastly, the adults furthest from the incoming tide.

The rules are simple. Build the biggest sandcastle you can before the tide gets to it, then stand on it. The last team left standing are the winners.

The teams can be of any size, but, they must all be standing on the sand pile when the sea gets to them. A shift in the wind slowed the incoming tide this year, so building went on apace resulting in some truly huge castles. 80 teams entered this year and the ultimate winners were Team Jefferies from Portreath.

Galloping success for Windsor Lions fun ride

Riders were galloping over each other to come up with the best superlative for the latest Windsor Lions Fun Ride, which was staged in stunning Windsor Great Park.

More than 650 riders took part to raise money for a range of local charities including Riding for the Disabled. The superb weather, as well as a spectacular new course within the deer park, led many riders to take to social media to express their delight at the ride. Comments included:

“Was the best thing ever!”

“Amazing ride, thank you so much to all involved, this is the best run ride I’ve ever come across.”

“Beautiful day and the route this year sensational!”

Event Organiser for Windsor Lions, Mark Fraser, said: “I know we say this every year but the new course made

this year’s event even better. The park is a magnificent setting and many riders aren’t normally able to ride in it. We are so grateful to all the riders who take part and enable us to raise so much money, and to the authorities in the park who allow us the privilege of using it.”



PICTURED: Five riders enjoying a day out in the park

Partner with Marie Curie from 9th – 15th March 2020

Over the past six years, Lions Clubs have raised a phenomenal £910,047 for Marie Curie by supporting its Great Daffodil Appeal. In 2020, the amount raised could top £1 million – representing more than 50,000 hours of hands-on nursing. Our partnership ensures every penny Lions help to raise provides care to individuals locally, either in someone’s own home or in a Marie Curie hospice at a time when needed.

Back in 2013, when the partnership began, Marie Curie needed to increase its number of volunteer collectors. Mark Winton, the charity’s Head of Fundraising, had previous experience

working with Lions and hoped we would be able to help. “You responded swiftly and positively to support our work in your local communities. Every year, you have proved over and over again that when we are working with Lions we know we can rely on your expertise and safe, dependable hands. Thank you”.

The 2020 Great Daffodil Appeal is set to be the biggest ever, thanks to supermarket, Morrisons, where collections will take place from 9th – 15th March. Lions Clubs have been asked to support collections within this week or fundraising at other times during February and March.



Care and support through terminal illness

To find out more, or volunteer to support a collection, please contact Richard Scott by email: richard.scott@mariecurie.org.uk



Golf tournament success

Despite 'unhelpful' weather, this year's Porthcawl Lions Club golf tournament at the Grove Club raised enough money to give three charities £1,000 each. They were Sandville, a local respite and treatment centre, Prostate Wales and the Porthcawl Stroke Club.

This event has been run 10 times now – by the same committee (Lions David Richards, Brian Thomas and Tony Tones) and has raised around £30,000.

Most club members contribute to the event working as starters, recorders and raffle ticket sellers etc as well as providing raffle prizes. The Club's own team has never even come close to winning.



PICTURED: Porthcawl Lions Club golf tournament raised money for three local charities

Concentrating on curling



PICTURED: The Dumfries Lions Club curling tournament



PICTURED: One of the Wales team members



PICTURED: The English Wheelchair Curling team

Dumfries Lions Club held their 26th annual curling tournament when 20 teams entered this friendly but very competitive event.

Entries included the English Wheelchair Team, Northern Ice Wheelchair Curlers from Newcastle, the British Transplant Sports Team, two teams from the Scottish Borders, three teams from Wales including the Welsh National Team and twelve local teams.

After 30 games on the Saturday, the teams were split into High and Low Roads. A further 30 games on the Sunday saw the High Road trophy going to a local team, Top Gun, with the Low Road Trophy going to New Abbey Curling Club.

The event raised £2,000 for the Lions Welfare account. Over the years, this curling tournament has generated approximately £50,000 for local charities.

Southam & District Lions 'awesome' Triathlon

Around 100 adult competitors came from all over the country to take part in the Southam & District Lions Triathlon in September.

The overall fastest male was Tom Tyler and the overall fastest female under 40 was Roisin Browne. In addition, about 85 children from primary and junior schools enrolled for the scaled down version. Various courses were laid out tailored to suit the varying abilities according to age, and the cycling course for the children was within the grounds of Southam College to ensure their safety.

These bi-annual triathlons are proving to be very popular, judging by the congratulations that organiser, Simon Turner, received after the event:

"Awesome event guys, well done!"

"Brilliant triathlon with fantastic organisation and really friendly atmosphere, thanks."

"Friendly, well-managed event, great facilities."

"Challenging bike ride," and many more in the same vein.



PICTURED: Tom Tyler



PICTURED: Roisin Browne

GIFTS IN MEMORY



Setting up a LIBRA Tribute Fund in a loved one's name is a lasting way to remember them and the causes that they believed in.

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Obituaries: A Celebration of Life

ATKINS: Lion Alvin
Lancaster and Morecambe Lions Club

BALCOMBE: Lion Denise (Den)
Bromley Lions Club

BALL: Lion Ken
Castleford and Pontefract Lions Club

BANNISTER: Lion John
Littleborough Lions Club

BARNES: Lion Bruce
Lions Club of Loddon Valley

BEESE: Lion Stuart
Melksham Lions Club

BERRY: Lion Martin
Knaresborough Lions Club

BUDD: Lion John
Harlow Lions Club

BUTLER: Lion Evelyn
City of Bangor Lions Club

BUX: Lion Abdul
Lions Club of Barking

CAISLEY: Lion Charles (Bill)
Newmarket Lions Club

CHHOTALAL: Lion Pattni
Lions Club of Enfield

CLARK: Lion Terence Arthur
Horsham Lions Club

COOMBS: Lion Les
Newhaven, Peacehaven and Seaford Lions Club

COOPER: Lion John
Woking Lions Club

CROWTHER: Lion Tony
Skegness Lions Club

DAY: Lion George
Lowestoft Lions Club

DAY: Lion Peter
St Albans Lions Club

EDGAR: Lion Ian
Penrith Lions Club

ELLAM: Lion George
Kettering and District Lions Club

FOWLER: Lion Ronald (Ron) Edwin
Brighton Lions Club

FREEMAN: Lion Michael
Winslow Lions Club

GILL: Lion Jagjit Singh
Watford Lions Club

GREEN: Lion Duncan Herbert
Wareham Lions Club

GREENFIELD: Lion Brian
Lions Club of Southborough

GUY: Lion Ron
Market Drayton Lions Club

GYLES: Lion Judy
Royston Lions Club

GYLES: Lion Ken
Royston Lions Club

HART: Lion Frances
Norfolk Broads Lions Club

HOLDSTOCK: Lion Dennis
Halesworth Lions Club

HOLLINGSWORTH: Lion Ian
Brigg District Lions Club

INCE: Lion Alf
Witham and District Lions Club

JACKSON: Lion Desmond
Keighley Lions Club

JAY: Lion Anthony (Tony)
Bognor Regis Lions Club

KISSANE: Lion Beryl
Birchwood Lions Club

KOPPIT: Lion Sid
Castle Point Lions Club

LAMBERT: Lion Patrick
Dereham Lions Club

LANG: Lion David
Tring Lions Club

LEKHI: Lion Lalit
Lions Club of Chipping Barnet

LITTLE: Lion Maurice
Calne Lions Club

MARSHALL: Lion Dee
Castle Point Lions Club

MATHEWS: Lion David
Lions Club of Fleet – Lions Old Guys Branch Club

MCMILLAN: Lion Dorothy
Kirkham and Fylde Rural Lions Club

MOORE: Lion Bob
Lions Club of Bournemouth

NEWHAM: Lion Roy
Southend on Sea Lions Club

NICHOLSON: Lion Keith
Castleford and Pontefract Lions Club

OXLEY: Lion John
Barton upon Humber Lions Club

PARKER: Lion Dave
Maltby (Rother Valley) Lions Club

PARKER: Lion Dennis BEM
Uttoxeter Lions Club

PARMENTER: Lion Brian
Clacton on Sea Lions Club

PERRIN: Lion Alan
Knutsford and District Lions Club

PITHIE: Lion Peter
Coventry Leofric Lions Club

POPE: Lion Keith
Chanctonbury Lions Club

POWELL: Lion Cyril
Ross on Wye Lions Club

RAYNER: Lion Trevor
Amphill and District Lions Club

RATCLIFFE: Lion Mary
Otley Lions Club

SHERRARD SAWYER: Lion David MBE
Brighton Lions Club

SEHGAL: Lion Jitendra
Lions Club of Redbridge Centennial

SLADE: Lion Anne
High Wycombe Lions Club

SMITH: Lion Avis
Spalding Lions Club

SMITH: Lion Malcolm
Holderness Lions Club

SMITH: Lion Mike
Ashby de la Zouch and Coalville Lions Club

SOENS: Lion Geoffrey
Leigh Lions Club

STANIFORTH: Lion Ken
Lions Club of Salisbury and District

STEVENSON: Lion Jim
Rayleigh Lions Club

TANNER: Lion Mal
Bridgnorth Lions Club

THOMPSON: Lion William (Tommy)
West Norwich Lions Club

THROWER: Lion John
Leeds Lions Club

WALDEN: Lion Bengie
Lions Club of Harpenden

WATT: Lion George
Dereham Lions Club

WILLIAMS: Lion Suzanne Ellen
Lutterworth Lions Club

WRAY: Lion Geoff
Southend on Sea Lions Club

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